THE SATURDAY EVE[illegible] POST

May/June '89

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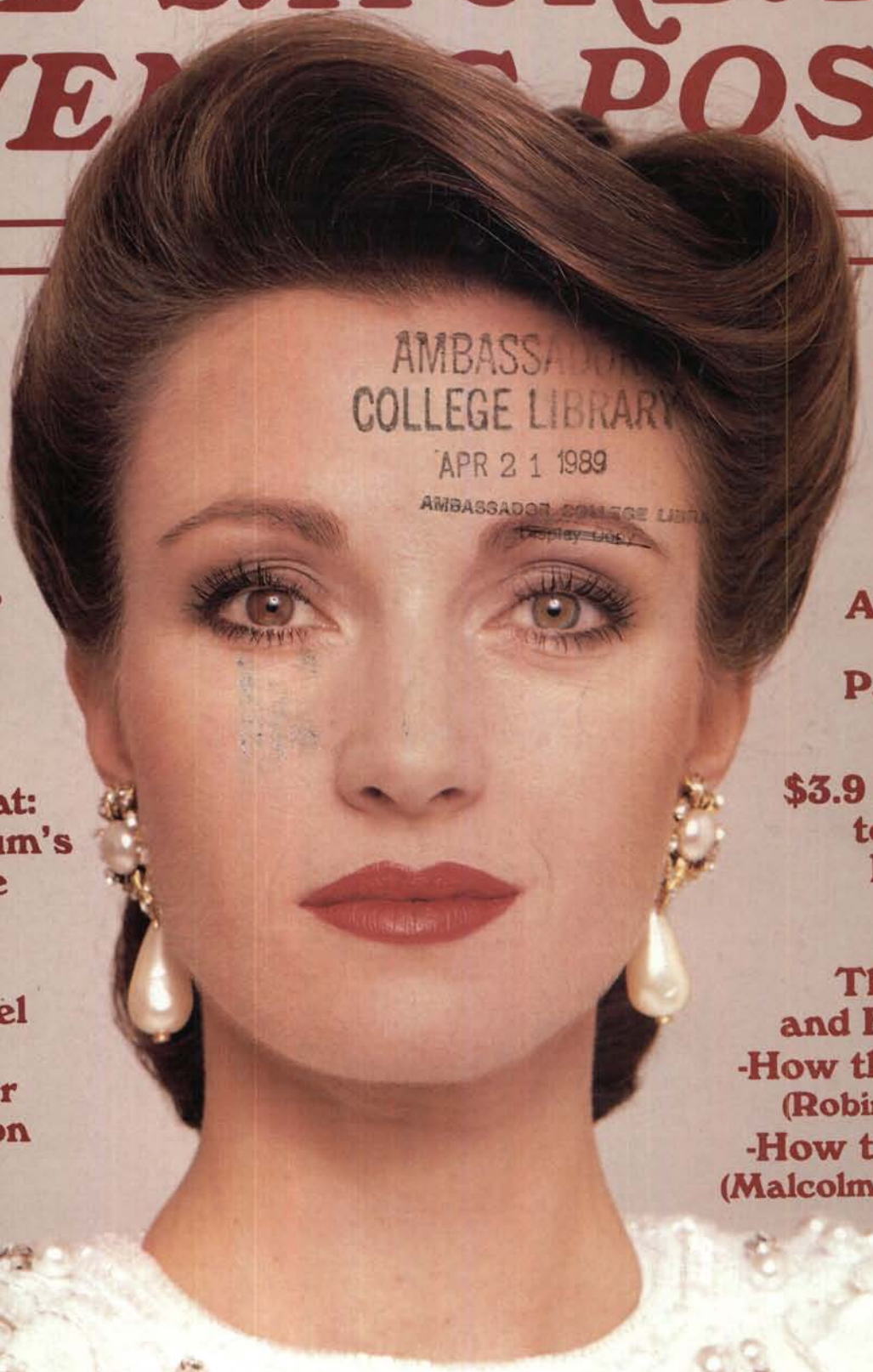

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Jane Seymour

Warmup Exercises for Young and Old

Heart Beat: Magnesium's Vital Role

Dr. Samuel Broder on Cancer Prevention

Check Your Heart Rate

Alaska's Inside Passage

$3.9 Million to AIDS Patient

The Rich and Famous
-How they live (Robin Leach)
-How they die (Malcolm Forbes)

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Cadillac

The 1932 V-16
Sport Phaeton

Shown smaller than actual size of 9⅜".

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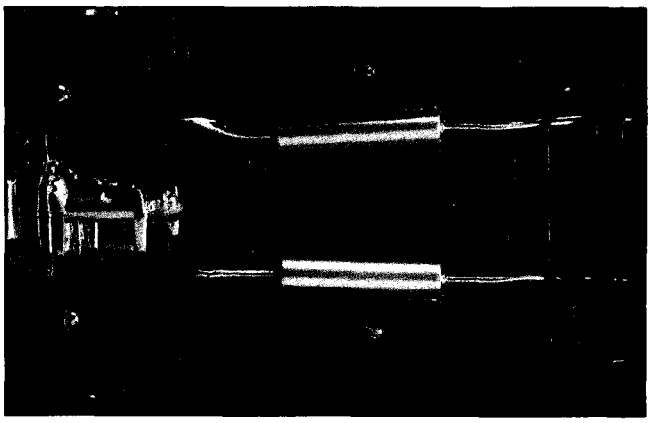

UNDERCARRIAGE: *The springs, axles, transmission, differential and frame are detailed. The components are hand-assembled.*

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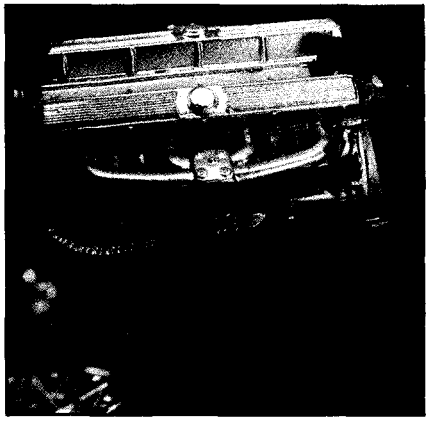

ENGINE: *The detail of this 452 cubic inch, sixteen-cylinder overhead cam engine is authentic.*

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Reservation Application

Cadillac

The Danbury Mint
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Allow 8 to 12 weeks after initial payment for shipment. **B42**

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Jane Seymour—"queen of the miniseries," tells why her life is "way beyond any dream I ever had." **42**

AIDS Victim John Carroll—and his determined lawyer took the system to task . . . and won. **44**

Cancer Prevention Strategies—have a tough new master in Dr. Samuel Broder, the director of the National Cancer Institute. **50**

They Went That-a-Way—Malcolm Forbes writes, in his latest book, about the deaths of famous personalities. **12**

THE SATURDAY EVENING POST

Founded A.D. 1728

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TABLE OF CONTENTS, MAY/JUNE 1989 Vol. 261, No. 4

FICTION

The Young Visitor (Conclusion) ..... *Mary Roberts Rinehart* 32

FEATURES

They Went That-a-Way ..... *Malcolm Forbes* 12

What's Cooking in Hollywood? ..... *John McCollister* 18

Her Son: The Vice President ..... *Pat Stackhouse* 28

Tracking the Rich and Famous ..... *Holly G. Miller* 30

Not-So-Plain Jane Seymour ..... *Cork Millner* 42

Justice in Milwaukee ..... *Holly G. Miller* 44

Cancer Prevention Strategy at the NCI ..... *Cory SerVaas, M.D.* 50

Warm-Up Exercises for Young and Old 55

The Don't-Try-It Diet ..... *Maynard Good Stoddard* 60

DEPARTMENTS

Letters 4

Post People 26

Post Scripts 38

Gardens: Dutch Treats ..... *Dr. Ellen Henke* 64

Travel: Alaska—Northwest Passages ..... *M. Timothy O'Keefe* 82

Fairly Good Ways to See the South ..... *Sam Mills* 85

Heart Beat: Young at Heart ..... *Beurt SerVaas, Med.Sc.D.* 90

How Fast Does Your Heart Beat? 94

Medical Mailbox: Great Options for Gallstones ... *Cory SerVaas, M.D.* 100

(Cover photo by Peter Kredenser)

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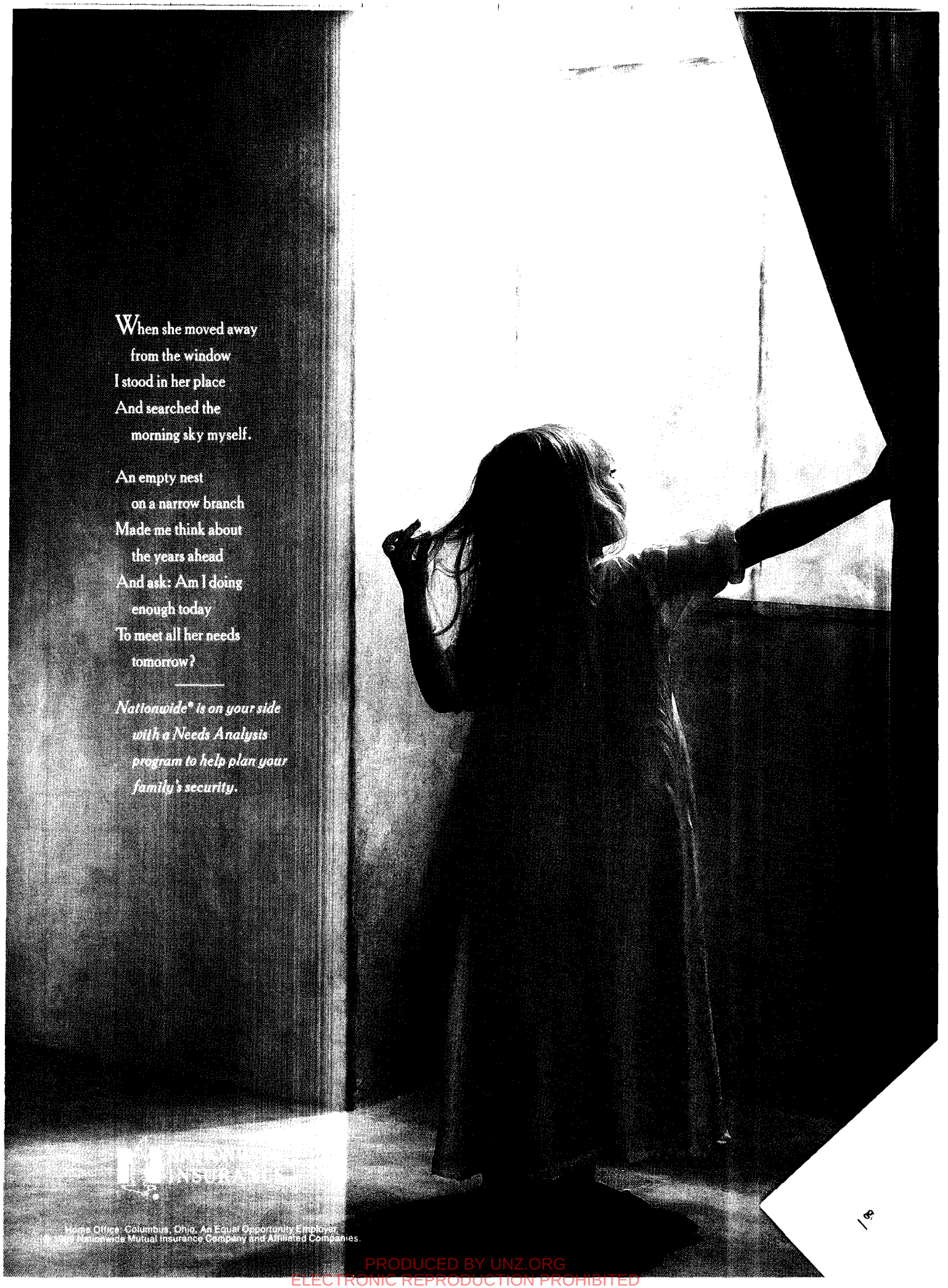
When she moved away
from the window
I stood in her place
And searched the
morning sky myself.
An empty nest
on a narrow branch
Made me think about
the years ahead
And ask: Am I doing
enough today
To meet all her needs
tomorrow?
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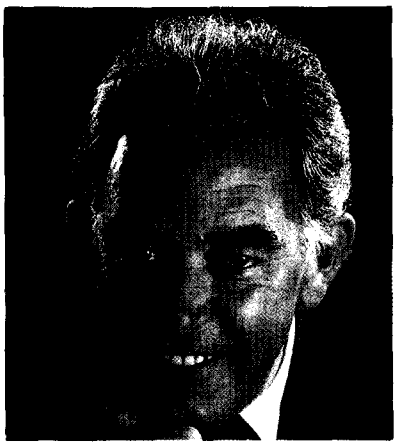
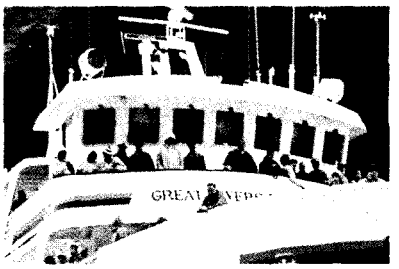
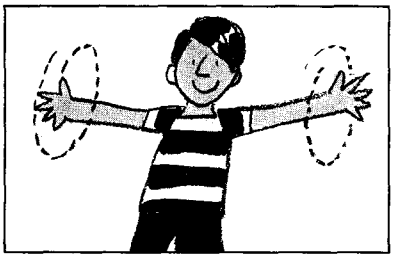


They Live This-A-Way—Robin Leach says of the rich and famous . . . but his own lifestyle is somewhat different. **30**



Alaska's Inside Passage—brings cruise-ship passengers into a land of brown bears, blue glaciers, and colorful Indian cultures. **82**



Warm-up Exercises for Young and Old—get blood flowing to the muscles about to be called upon for extra effort. **55**

The Young Visitor—would upset most wives, but not in this delightful Mary Roberts Rinehart tale. **32**

Magnesium's Vital Role in Disease Prevention—has been established, but too many of us are etting too little of it. **90**

Letters

Index Introduction

I would like to join in the chorus with your many readers who tell you that they read the *SEP* cover to cover!

I am an R.N. who has not worked in 10 to 12 years in order to give all my energy to being a mom and wife. Your magazine, however, enables me to keep up medically, and I love it. Actually, I think it keeps me ahead of many of our doctor friends—for awhile I was known as the radon lady!

I have a suggestion I would like to share and hope that you will give it serious consideration.

Could you please establish some type of index sheet, magazine, etc., for each year's issues? I suspect that I am not alone in saving every issue, often having to search back issues. My cousin had cancer of the prostate; a friend faced gallbladder surgery. I gave her the issue to take to her doctor; my neighbor borrowed the issue on hypertension.

It would be wonderful if in January 1990 there was an index issue with 1989 topics alphabetized—including medical situations that are written in story form.

I pray that God will bless all of your endeavors.

Mrs. Chuck Miner
Jackson, Mississippi

Editor's note: Your index issue will happen with the last issue in 1989. Thanks for the suggestion—your kind words make our work seem worth the long hours.

Cover Question

What happened? Your magazine gives one the impression of being health conscious, as you observe the health-oriented articles, recipes, "Medical Mailbox" section, fiber offers, pro no-smoking ads evident, etc. What is Mr. Arnold Schwarzenegger doing on the cover?

This physical-fitness person admits to chain-smoking cigars. What's so healthy about that? I failed to notice in the article any comment about his smoking. What a great example he is for the youth of the nation. Their comment will be "he smokes and works out, and look how good he looks."

In the article he mentions he'd like to do anything to help restore the

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Offer not valid in California.

President's Council on Physical Fitness to the prominence it enjoyed during the Kennedy administration. All he really need do is to not further exaggerate, brag, or advertise his cigar smoking. I don't think President Kennedy advocated a program of physical fitness including smoking.

Instead of Mr. Schwarzenegger, I'd rather have seen a package of oat bran or other fibers on the cover.

Joan M. Yurgalavage, R.N.
Shenandoah, Pennsylvania

Editor's note: Arnold Schwarzenegger is too bright to smoke cigars. We're counting on him to quit if he hasn't already. He'll quit. You'll see.

Pick Up the Tab

Your article on the work of FDA (Jan./Feb. '89 issue) was very interesting, and I highly respect and appreciate their efforts to protect the consumer. However, I have a problem understanding how the aluminum beverage can with the tab that pushes down into the can ever got passed by the FDA.

These cans are stored in warehouses that are anything but sanitary. Rats, mice, roaches, and all sorts of disease-carrying bugs can run over the tops of these cans. Then we buy them and push the tab down into the drink and drink out of the same. Someone goofed on that one!

Raymond Schrock
Jesup, Georgia

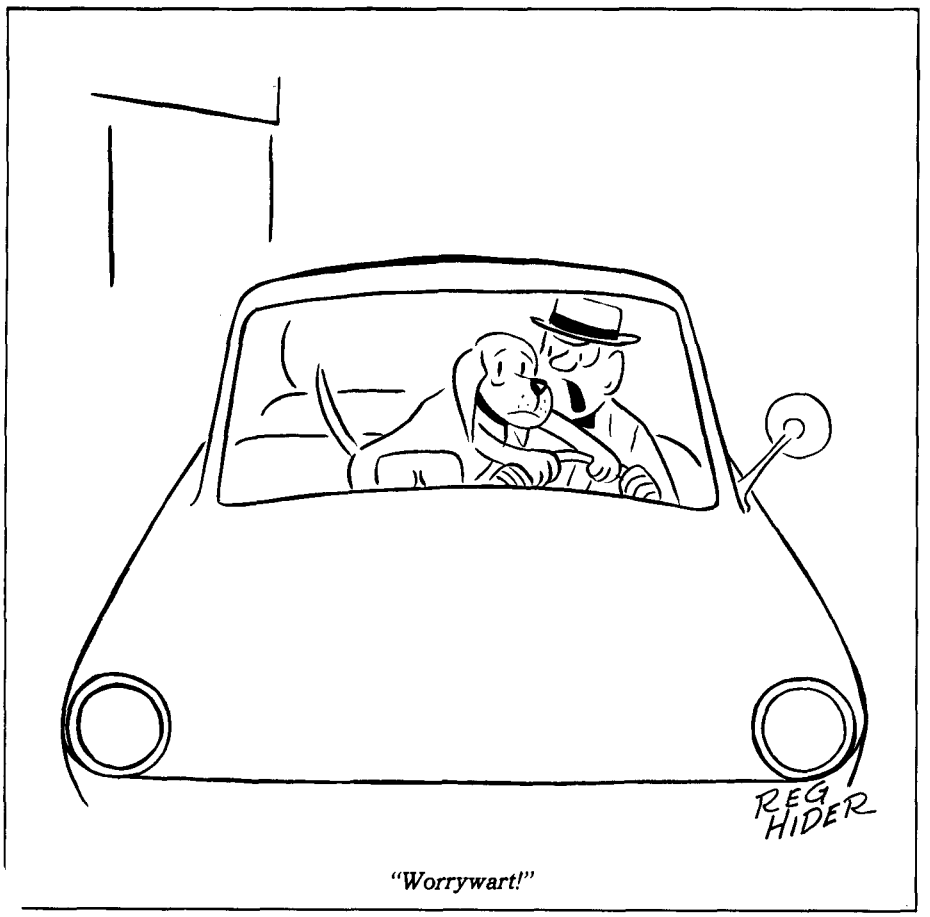
Sweet and Sour

I read with interest Mrs. Jane Morgan's letter in the March 1989 issue of *The Saturday Evening Post* concerning the adverse health symptoms which her daughters and a friend experienced allegedly associated with the consumption of products containing NutraSweet brand sweetener (aspartame). You mentioned that you will refer her letter to the manufacturer of NutraSweet. Although we have not as yet received your referral, I feel compelled to correspond with both you and Mrs. Morgan on this matter.

We at The NutraSweet Company take all complaints about our product very seriously. We investigate all such complaints and share any information we gather on a voluntary basis with the Food and Drug Administration. We will be contacting Mrs. Morgan to document and follow up on her complaints when we receive the referral from you.

I was very concerned, however, about your answer to Mrs. Morgan's letter and your referral of her complaint to Dr. Hyman Roberts. You wrote that he has "done work" with aspartame. However, he has never provided documentation that he has conducted scientific studies with aspartame. Dr. Roberts has repeatedly published *anecdotal* case reports which he alleges are related to products containing aspartame. In contrast to his speculations based on these anecdotal cases, the results of numerous scientifically controlled studies have documented the safety of aspartame. These studies have been reviewed by the U.S. Food and Drug Administration as well as the regulatory bodies of over 70 other countries throughout the world. The opinion of all these regulatory agencies is that aspartame is a safe food additive.

When a food ingredient has such widespread use (over 100 million consumers in the U.S. alone), as does aspartame, it is inevitable that some consumers will experience medical symptoms which are part of everyday life. Because the occurrence of these



"Worrywart!"

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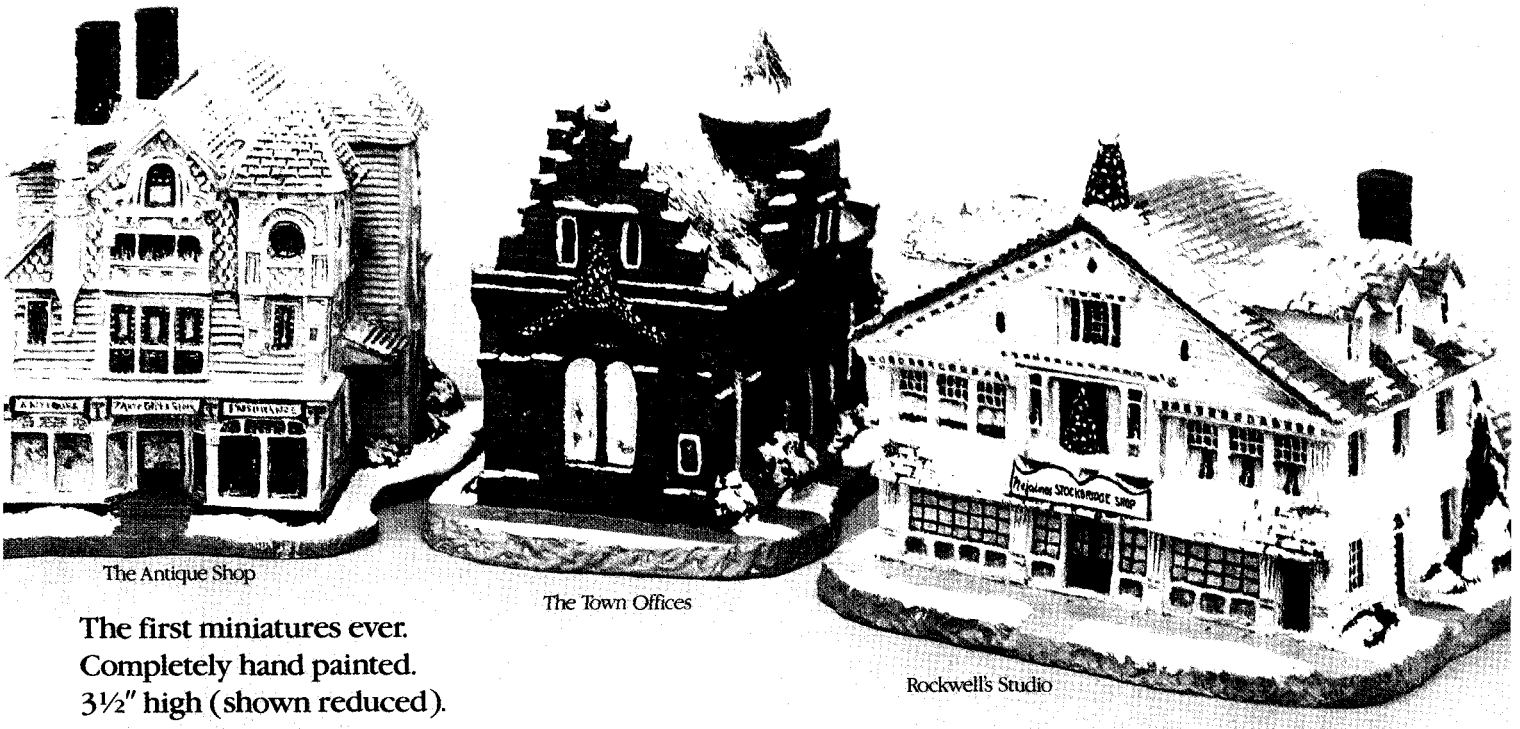
The hometown of Rockwell's American Dream.

"Rockwell's Main Street." From his original classic painting.



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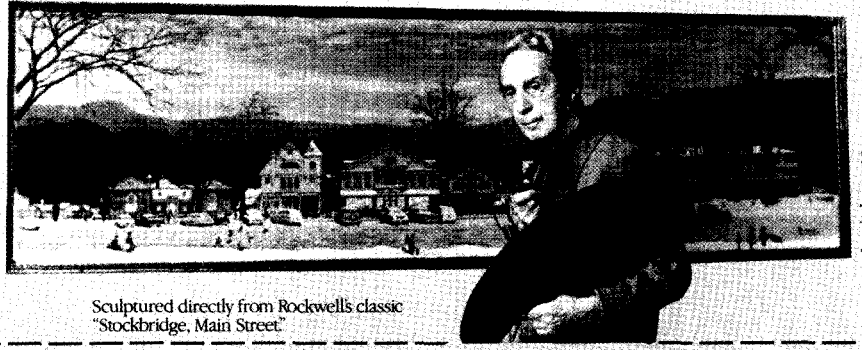

Louie Lamone

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symptoms may also be coincidental with the ingestion of aspartame-containing products does not prove that they are related to aspartame.

Experienced epidemiologists at the Food and Drug Administration (FDA) have extensively reviewed all the anecdotal cases which have been submitted to the FDA, similar to those described by Roberts, and concluded on numerous occasions that there is "no consistent or unique pattern of symptoms reported with respect to aspartame that can be causally linked to its use." These same experts have also stated that only through focused clinical trials can speculations concerning the relationship of these cases to aspartame be answered. The NutraSweet Company has provided funds to a number of distinguished scientists to conduct well-controlled scientific studies. The overwhelming body of evidence from these scientific studies has confirmed that aspartame is safe.

I feel that your suggestion that readers let you know of "similar discoveries about their abilities to handle NutraSweet" is suggestive and alarming to your readers. As I mentioned above, contrary to unsubstantiated anecdote, the results of numerous scientific studies have documented the safety of aspartame. The NutraSweet Company would, however, be very interested in evaluating any complaints you receive from your readers and ask your cooperation by sharing any such complaints with our staff physicians. We will also forward any information you provide us with to the FDA.

To provide documentation for my statements about the extensive scientific testing of aspartame, I am enclosing published scientific literature from well-controlled scientific studies. I hope that you will take the time to review this literature. I would welcome the opportunity to discuss any of these studies with you.

Harriett H. Butchko, M.D.
Associate Director, Clinical Research
The NutraSweet Company
Deerfield, Illinois

Editor's note: Thank you for your help in investigating the case histories of patients who believe they feel better when they avoid NutraSweet products. We're sending you another copy of the Morgan letter along with additional letters about this product.

NutraSweet Negatives

A few years ago I found out that I was diabetic. NutraSweet was new to the market so I used it ("Equal" by trade name) in my coffee. By evening I would begin to have dizzy spells and stumble a bit. That was after three or four cups of coffee with only one little bag of Equal artificial sweetener in each during the day. Some days were real bad, and getting off my feet was the only solution. My sister who at that time was dietitian at the old folks' home in Michigan City, Indiana, told me to cut out the NutraSweet Equal in my coffee and see if it helped. Next day all was O.K. She knew about it from some of the old folks in the home who had similar problems.

To this day I do not ever drink a low-cal soft drink or use any food that uses this product. I'm 62 years old but find my 24-year-old daughter has the same problem to a much lesser degree if she drinks a couple cans of low-cal sodas. By the way, last summer a friend gave me a tall glass of lemonade with NutraSweet. Three hours later I was off my feet and in bed. I watch more closely now so that never happens again.

Dean H. Rhodenbaugh
Old Ocean, Texas

This letter is in response to your question to readers regarding their ability to handle NutraSweet.

When NutraSweet first "hit the shelves," I thought the perfect food had arrived for those of us who don't eat sugar.

I ate quite a bit of this product. About four weeks after I started, I fell into the deepest depression I've ever had. I've never been prone to depression. I felt so horrid that if there would have been a bridge in front of me I would have jumped from it, only I wouldn't have been able to see it as I was crying so hard.

I carefully surveyed my life and diet and the only immediate difference was the introduction of NutraSweet. I quit using it and lost my depression.

Some time later I became curious to know if my self-diagnosis was correct. I gingerly used small amounts of NutraSweet for a couple of weeks. After a couple of weeks I started getting "the blues" accompanied with feelings of anxiety. I quit the NutraSweet and they went away. No power on earth would compel me to ever use NutraSweet again.

Since that time, I have talked to others with similar stories. Hopefully it will come off of the market soon.

E. Mildenberger
Portland, Oregon

I too have headaches starting within an hour or two after using NutraSweet. I thought I was the only

"Martha, that's the second time you've watered my shirt."

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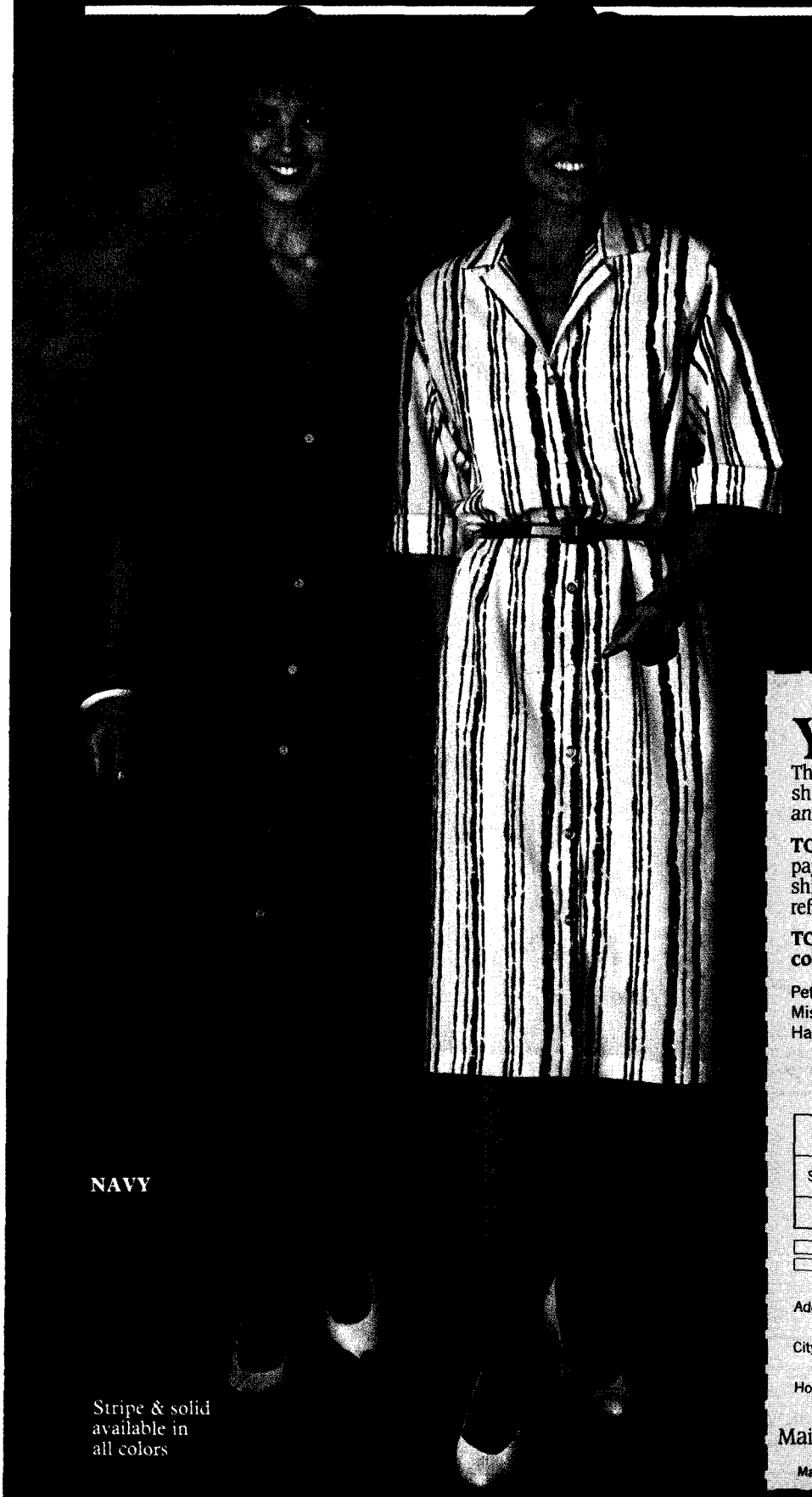

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one because everyone I talked to didn't have that problem. I don't give NutraSweet or any other kind of artificial sweetener to my kids as I don't know the effects on them. If you do come up with some information on NutraSweet and headaches, please let me know.

Mrs. Jeff Tveit
Odessa, Texas

Regarding your March '89 letter from Jane Morgan about NutraSweet:

Some time ago when NutraSweet was newer on the market, one of our local papers ran a news article telling of a woman who had filed suit against the company because NutraSweet had affected her eyesight.

I did not find a follow-up article telling me of the outcome of the lawsuit, so I wrote the newspaper asking what the outcome was. I never received an answer.

I drink NutraSweet in Diet Pepsi with the understanding the FDA would surely take it off the shelves if it were harmful. I also have medical problems and allergies but do not have headaches.

Edna Cheyne
Canoga Park, California

NutraSweet does indeed have negative physical and mental effects on some people. I have read that these adverse side effects include depression, headaches, seizures, and serious vision problems.

I stopped using NutraSweet two years ago, for it was making me very depressed. A jumbo-size Diet Pepsi made me quite inert both physically and emotionally, and I could hardly talk.

There is at least one citizens' action group working for further testing of NutraSweet; it consists mainly of persons who have had bad side effects. This group is located in Evanston or one other of Chicago's north shore suburbs. I contribute but do not have their address. Perhaps you'll hear from them. I think another group is in Florida.

Dee Gros-Louis
Bloomington, Indiana

I read the article in your column in the March issue of *The Saturday Evening Post* about the problem of some people being allergic to NutraSweet or at least having trouble tolerating it. Perhaps you can forward my letter to the doctor in Florida that was doing some research on it.

It is my daughter that had so much trouble with it. She had a rash on her chest, and her blood pressure rose quite a lot. This went on for some time, and the doctor just couldn't figure out why her blood pressure had risen so. Finally she started trying to think back to anything she had used differently in the way of soaps, foods, etc. She finally decided it might be the NutraSweet. She stopped using it, and in just a short time her blood pressure was normal and the rash left.

Now she is very careful not to buy foods with that in it.

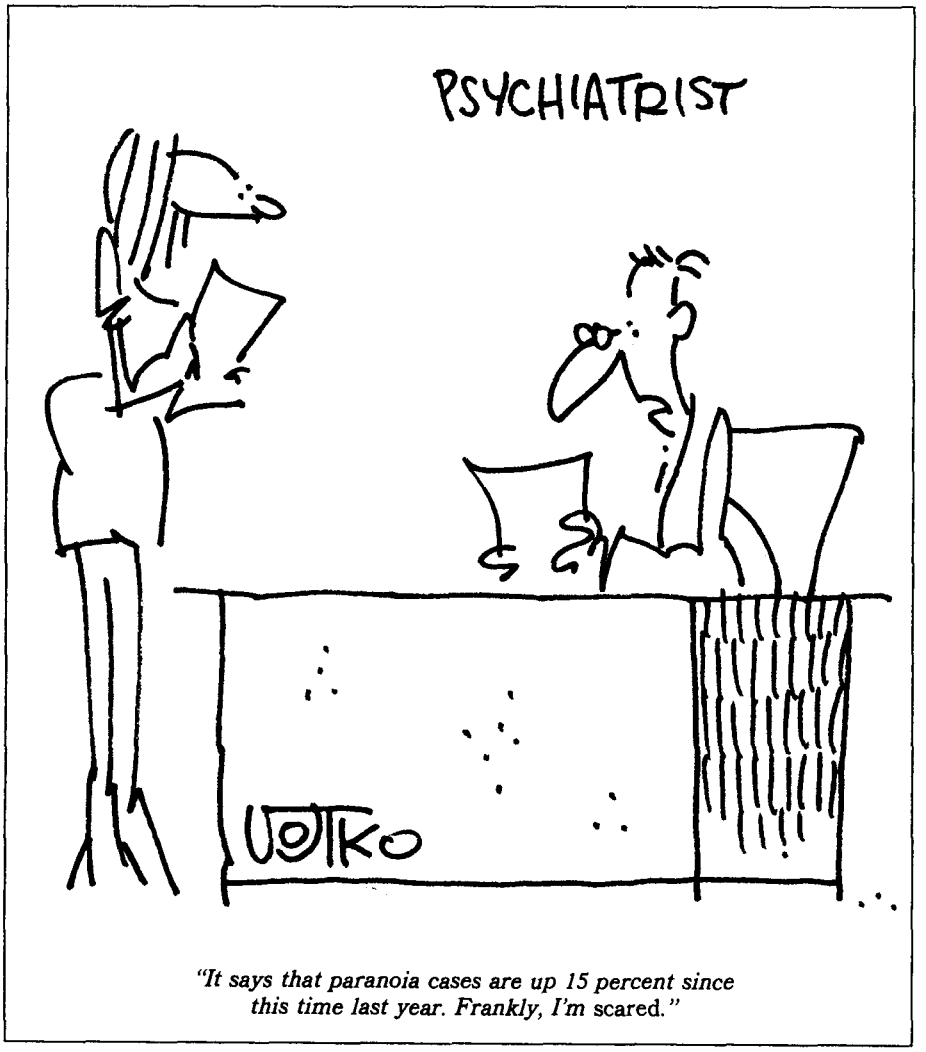
Evelyn McCarthy
Washington, Illinois

I used to use Equal (NutraSweet product) in my hot tea. After a while my throat hurt when drinking the tea and afterwards. I tried changing brands of tea, but it continued to hurt—only when I drank the tea. I decided to go for one week without the Equal in either tea or anything else. I noticed within the week that I could drink any brand tea without any throat irritation. I haven't used Equal since. My throat hasn't bothered me since either!

Do you know if there are dangers in drinking very hard water? We have our own well and do not have a water softener. Someone told me that over a period of 20 years my insides will be in the same condition as the water pipes and enamel in our bathtub and toilet. I suggested we get our drinking water elsewhere, but my husband thinks it's silly and a waste of money. Please advise; it would be no problem to me to pick up several jugs of water for drinking and cooking use. We've lived here 17 years.

Pauline Breeden
Harpers Ferry, West Virginia

Editor's note: Please see our "Heartbeat" column about the advantages of drinking hard water



"It says that paranoia cases are up 15 percent since this time last year. Frankly, I'm scared."

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because of the magnesium it contains. Your hard water is bad for plumbing pipes, but it is good for human arteries. If you should get a water softener, don't connect it to faucets from which you drink.

NutraSweet letters are being sent to Dr. Harriett Butchko at the NutraSweet Company. I hope you will hear from her.

For years I have been warning individuals about the dangers of aspartame, a.k.a. NutraSweet. Every time I hear of someone with unusual symptoms that the medical community cannot track down, I ask if they have been ingesting this chemical substance, and if they have ingested the chemical, to check it.

I am really grateful to read in the March 1989 issue of *The Saturday Evening Post* that Dr. H. J. Roberts of West Palm Beach, Florida, is looking into the effects of aspartame/NutraSweet on some people, and ask that you forward this account of my experiences to him/her.

In the autumn of 1983 I started having symptoms that were unusual for me. These went on for several weeks. They included:

- Increasing paralysis of my arms. I could not fasten my bra or comb my hair.
- Numbness of some of my toes.
- Chest problems: Racing heartbeat. Loud thumping of my heart. Pain off and on. Times when it felt like my heart didn't beat at all.

After being on a heart monitor for 24 hours, and various other tests, the doctor admitted he had no idea what might be wrong. It didn't seem to be an emergency, so he would study further and be in touch with me shortly.

At home, my husband asked me, "What's different recently from your usual routine—new soap or laundry detergent, new foods, new clothing—anything at all?"

The only thing I could think of was the (new) Diet 7-Up with NutraSweet, supposedly harmless, of which I had been drinking four 16-ounce bottles each day.

He asked that I not drink the Diet 7-Up with NutraSweet for a while to see what would happen.

Need I tell you that the symptoms gradually disappeared over a period of several weeks? I have never taken aspartame/NutraSweet again, and the symptoms never recurred. If it wasn't the chemical substance, what was it? The only logical conclusion is that the symptoms were caused by the aspartame/NutraSweet.

Nancy Pike
Waynesboro, Pennsylvania

Non Bee-liever

This is the first letter to the editor I have ever written, but I can't let that six-legged impostor get away with pretending to be a honeybee on page 14 of your April 1989 issue. Though I am a retired entomologist, I can still tell the difference between a fly (order *Diptera*) and a honeybee (order *Hymenoptera*). My guess is that this culprit is part of the family *Syrphidae*, any of numerous flies noted for frequenting flowers and mimicking wasps and bees.

My wife and I enjoy reading *The Saturday Evening Post,* and we commend you for your stand against tobacco and your concern with health in general and with cancer and AIDS in particular.

Kenneth E. Frick, Ph.D.
Tupelo, Mississippi

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THEY WENT THAT-A-WAY

How we come into this world is routine . . . how we leave is very personal.

by Malcolm Forbes

Editor's note: *When Malcolm Forbes, a billionaire magazine mogul and the author of six books, was asked why he would want to write about death, his response was: "This is not . . . about death, but rather about satisfying an oft-expressed curiosity on the part of 'We, the Living.' "*

Because death is life's only certainty, and because being against it isn't apt to affect the result, Forbes feels that dwelling on the subject can be a woeful, wanton waste of time. However, reflecting on the number of times in casual conversation a well-known name pops up and someone asks, "Whatever became of him/her?" he set about recording the extraordinary "exits" of some of history's most famous and infamous personalities. In doing so, he uncovered some pretty fascinating stuff, including one famous person who died enjoying The Saturday Evening Post.

Benjamin Franklin
January 17, 1706-April 17, 1790

Benjamin Franklin said it: "In this world, nothing can be said to be certain except death and taxes." The wise and wisecracking self-made statesman helped lead a revolution over taxes, but when his death was near he welcomed it with characteristic good humor. Franklin celebrated life and ascribed much of his happiness to two simple health tips: hot baths and cold fresh air. He slept with an open window and he said, "I rise almost every morning and sit in my chamber without any clothes whatever, half an hour or an hour, according to the season, either reading or writing. This practice is not in the least painful, but, on the contrary, agreeable."

It might have made him happy, but it didn't keep him well. Franklin had severe lung ailments as a young adult and he suffered gout for decades. While minister to France in 1782, he developed a painful bladder stone that restricted his activity for the rest of his life. After he returned to Philadelphia in 1785, ending 25 years of diplomacy abroad, his pain grew worse so that by 1789 he was almost bedridden. His characteristic chubby form was diminished by the pain-relieving opiates he took. "For my own personal ease, I should have died two years ago," he wrote to George Washington after his inauguration in 1789. "But, though those years have been spent in excruciating pain, I am pleased that I have lived them, since they have brought me to see our present situation"—namely, the new nation.

Benjamin Franklin
1706—1790

In early April 1790, Franklin developed an abscess in his left lung that left him barely able to breathe. He continued to write and entertain visitors between fits of pain. During one bad spell he told a visitor, "Oh, no, don't go away. These pains will soon be over. They are for my good, and besides, what are the pains of a moment in comparison with the pleasures of eternity?" On April 12 the pain suddenly subsided. Franklin got up from his bed and asked that it be made up fresh so he could "die in a decent manner." His daughter told him she hoped he would recover. "I hope not," he replied.

On April 17 the abscess in his lung burst. Someone suggested he shift his position in bed so he could breathe more easily. "A dying man can do nothing easy," Franklin said, then fell into a coma. Death overtook the 84-year-old at 11 p.m. as his two grandsons watched. His doctor believed that Franklin himself had caused the fatal lung ailment by sitting for hours before an open window. Franklin might have gotten a kick out of that. After all, his Poor Richard said, "Nine men in ten are suicides."

Warren Harding
November 2, 1865-August 2, 1923

"My God, this is a h— of a job!" Warren Harding said of his presidency. "I have no trouble with my enemies; I can take care of my enemies all right. But my d— friends, my g—d— friends, they're the ones that keep me walking the floor nights!" Harding was hardly the most capable man to live in the White House. The prominent Ohio newspaper editor and Republican got there in 1920 by being handsome and likable, which was just what voters wanted after the stormy years of Woodrow Wilson. Harding wasn't a strong leader, nor was he especially bright. He left much of his work to his aides, who would present him with simplified versions of the complicated problems of the nation. Still, Harding complained, "I never find myself done."

By the third year of this term, in the spring of 1923, it became clear that Harding had left far too much to his aides. The director of the Veterans Bureau, Charles Forbes, was caught selling government supplies illegally, and he fled to Europe. Shortly after, Charles Cramer, the Veterans Bureau's general counsel, who was in on the scam, shot himself in the head. Several weeks after that, the Attorney

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General's private secretary, who ran his own racket selling liquor licenses during Prohibition, also shot himself in the head. At the time the scandals remained private, and the public was told the suicides had resulted from financial and health problems.

But Harding knew the real stories would get out sooner or later. Already weak from an illness, and depressed over his unruly aides, Harding that summer embarked on a cross-country trip to Alaska. The President wanted to get away from Washington and also hoped to drum up support during his train stops. But Harding couldn't get over his anxiety about the simmering scandals. When his ship, returning from Alaska, rammed an escort vessel in heavy fog as it entered Puget Sound, Harding didn't leave his cabin but grumbled, "I hope the boat sinks."

Safely on shore in Seattle, Harding was giving a speech on July 27 when he seemed to become dazed. Later that evening the President collapsed. He was rushed to his train, which sped to San Francisco. The White House physician diagnosed the problem as ptomaine poisoning that Harding had gotten from eating crabmeat. But once the President arrived in San Francisco on July 29 and was examined in his suite at the Palace Hotel, doctors correctly diagnosed that Harding was suffering from heart trouble and pneumonia. Harding rested in bed and seemed to get better. But on August 2 at 7:30 p.m., as his wife was reading to him a highly complimentary article about him from *The Saturday Evening Post*, called "A Calm Review of a Calm Man," Harding suddenly shivered and died.

Doctors said either his heart wall had ruptured or a blood vessel in his brain had burst. Either way, Harding's death stunned the nation, which had been told only that he had eaten some bad crabmeat. The suspicions about what really had killed the President began when it was learned that Harding hadn't even eaten any crabmeat. After Harding's wife, Flossie, refused to allow an autopsy, there were rumors that she had poisoned him. And after the Harding administration scandals began breaking a few months after his death, there were rumors that Harding had killed himself.

There wasn't a shred of evidence to support either claim, but the coming months and years provided plenty of motives. Within three months of Harding's death the real story of the Veterans Bureau broke, as did the more serious Teapot Dome scandal, in which Harding's men sold oil leases for bribes. Harding's Attorney General, Harry Daugherty, was deeply investigated by the Senate for improprieties that involved a group of Harding's friends known as the "Ohio gang." Several of Harding's administration ended up in prison.

Closer to home, a woman named Nan Britton published a book in 1927 called *The President's Daughter*, in which she alleged that Harding was the father of her illegitimate child and that their affair had lasted well into the White House. Later it was revealed that Harding had carried on a long affair with the wife of a leading businessman in his hometown of Marion, Ohio. It also became known that Harding drank and served liquor in the White House during Prohibition.

Harding once said, "I cannot hope to be one of the great presidents, but perhaps I may be remembered as one of the best-loved." Perhaps not, but at least he wasn't around to know it.

THE SATURDAY EVENING POST
Founded A° 1728 by Benj. Franklin
A Calm Review of a Calm Man
By SAMUEL G. BLYTHE

On August 2, 1923, Mrs. Warren G. Harding was reading aloud to her husband, the President of the United States. The subject matter was a *Saturday Evening Post* article, "A Calm Review of a Calm Man," in which he was the man reviewed. It pleased him so much he said, "That's good! Go on—read some more." These were the last words uttered by President Harding to his wife—the stroke of apoplexy or some other catastrophic problem brought a sudden end to his life.

Leslie Howard
April 3, 1893-June 1, 1943

Leslie Howard, the handsome, wistful actor who played the noble Ashley Wilkes in *Gone with the Wind*, was regarded just as honorably off the screen. As early as 1939, when it was apparent that England might be headed for war, the British actor gave up his soaring Hollywood career as a romantic leading man to return home and help the war effort. He acted in and directed a series of morale-boosting war movies and conducted half-hour encouraging radio shows. Just like the characters he portrayed in his films, in real life "he was a gentleman with guts," one friend said.

In the spring of 1943, Howard went to Spain and Portugal for a lecture tour on filmmaking and to explore the possibility of producing movies there. On his way back to England on June 1, he was one of 13 passengers on a British Overseas Airways DC-3 that took off at 9:40 a.m. from Lisbon. More than an hour later, as the plane flew high above the clouds over the Bay of Biscay, it was attacked by six German fighter planes. That was unusual, because the civilian plane was on what had been considered a neutral flight path. No planes had been disturbed along the route in three years of war.

The pilot radioed for help, and that was the last ever heard or seen of the flight. One of the German flyers said later that he saw the plane burst into flames and dive toward the sea. The back door of the plane was pushed open, and the German saw four men jump out. Only one parachute unfurled, and that caught fire, sending its carrier plunging with the rest.

Was Howard just another innocent victim of the war? That has never been made entirely clear. It is most widely believed that the plane was shot down because the Germans thought Winston Churchill was on board. The British Prime Minister was known to be in North Africa and presumed to be heading home soon. Another passenger on the flight, Alfred Chenhalls, an accountant and Howard's tax adviser, looked somewhat like Churchill and smoked equally large cigars.

But it is also possible that Howard was the real target. German leaders were known to be angered by his propaganda work. More mysterious are

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reports that Howard met with German spies while he was in Lisbon and that he was on some kind of British reconnaissance mission himself.

Whatever the cause, Howard's death shocked England like few others. One chronicler said the actor had been deeply popular because he characterized the "chronic disillusionment" between the wars. "He fitted well into the pause between battles and will be remembered not only because he was an accomplished actor but because he suited the mood of those moments." That he was dead was yet another reminder that the pause was gone forever.

Nelson Aldrich Rockefeller
July 8, 1908-January 26, 1979

Any man whose birth was announced on the front page of the *New York Times,* who served every president since FDR except Kennedy, who sought the presidency three times and was vice president under Ford and governor of New York for 15 years certainly would expect to receive substantial attention when he died. What Nelson Rockefeller, also a grandson of the founder of Standard Oil, probably didn't expect was the sloppiness of the event.

The first report, emblazoned with a three-column headline on the front page of the *New York Times* Saturday morning, announced that Rockefeller had died of a heart attack at 10:15 the night before while working at his desk on the 56th floor of 30 Rockefeller Plaza in midtown Manhattan. According to longtime family spokesman Hugh Morrow, Rockefeller had had dinner with his family at their Fifth Avenue duplex before he went to the office. A bodyguard had been unable to revive him, Morrow said.

Later Saturday, Morrow recanted his first statements. Rockefeller had died not in his main office but in his town house at 13 West 54th Street, which adjoined another of his offices. And he hadn't suffered the heart attack at 10:15 p.m. but after 11 p.m., just before 911 emergency medical services was called at 11:16. Morrow said police had found Rockefeller lying unconscious on the living-room floor. Also present, he said, were a bodyguard and a 31-year-old woman with whom Rockfeller had been working, Megan Marshack.

That was grist for Sunday's newspapers. By Monday, along with solemn accounts of the funeral, they were publishing the transcript of Marshack's frantic call to 911: "It's death! It's immediate! Please!" the transcript said. Marshack, the stories said, was 25, not 31. She had been a reporter for the Associated Press before joining Rockefeller's staff in Washington in 1975 when he was vice president. She was one of the few who had been kept on when he returned to private life in New York in 1977. Marshack and Rockefeller had been working on a book about his modern art collection when he died,

Nelson Rockefeller *1908—1979*

Babe Ruth *1895—1948*

according to the newspaper stories.

The revisions continued. It turned out Rockefeller's heart attack did occur at 10:15 p.m.—an hour before 911 was called—and Marshack hadn't made the call. A voice analysis of the tape confirmed that help had been summoned by Ponchitta Pierce, the hostess of a weekend NBC-TV show who owned a co-op in the same building as Marshack a few doors from Rockefeller's town house. Pierce had gone over to the town house after Marshack called her, then returned home after calling 911.

Also it turned out there had been no bodyguard in Rockefeller's town house, only Marshack and the former vice president. Although Morrow said Marshack was wearing a long black hostess gown, the *New York Daily News* called it a housecoat and said there were no papers to indicate that they had been working on the art book, only food and wine sitting on a table.

Whether there was more to the story or not was never published, though it certainly has been the subject of much speculation and rumor. The final note came at the reading of the will. Rockefeller had forgiven a $45,000 loan he'd given Marshack so she could buy her co-op.

Babe Ruth
February 6, 1895-August 16, 1948

"The Bambino," "The Sultan of Swat," "Wizard of Wham," "Bazoo of Bang." Sportswriters stretched further and further to tag baseball's greatest legend, the owner of 54 major-league records, including 714 career home runs and 60 home runs in one season, both of which stood for more than 30 years. The stocky, pug-nosed New York Yankee fielder was always affable but also knew his worth. At the height of the Depression, in 1931, he was pressured to take a $10,000 pay cut in his $80,000 salary. "Root," said Yankees owner Colonel Ruppert, "last year you earned more money than President Hoover. "H—," Ruth replied, "I had a better year than Hoover."

It was in 1946 that Ruth began suffering severe headaches and hoarseness in his throat. In November he checked into a hospital when the left side of his face became so swollen he couldn't swallow food. Doctors removed a tumor in his throat but were unable to excise the source of the growth, lodged in the air passage behind his nose. Ruth apparently never knew he had cancer. Bob Considine, who helped Ruth write his autobiography, said, "It was d— hard to work with a man who was dying, dying as resentfully as Babe was."

Ruth's bitterness stemmed from his years of retirement. The occasional cheers at old-timers' baseball games couldn't fill the daily routine of his 20-year career, and he was frantic for something to do. After a series of misguided ventures, including a stint as a wrestling referee, Ruth tried to get a job—any job—with the Yankees a couple of months before he became ill. His old team turned him down. Just after his major surgery he jumped at the opportunity that spring to promote baseball leagues on a national tour and logged 50,000 miles. That summer, despite a painful relapse, he gladly appeared to accept several awards around the country.

At the same time, he grew weaker and his voice more gravelly. On June 13, 1948, Ruth returned to Yankee Stadium to celebrate the 25th anniversary of "The House That Ruth Built." To thunderous cheers, the drawn, white-haired idol walked slowly from

continued on page 106

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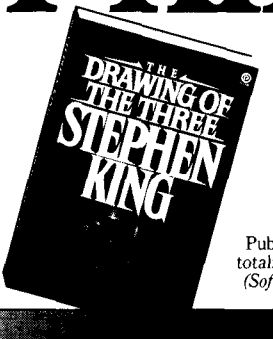
A PAIR OF KINGS



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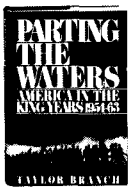

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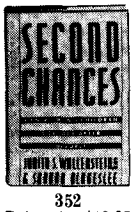

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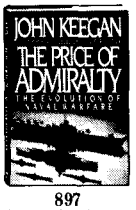

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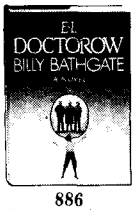

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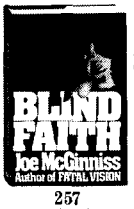

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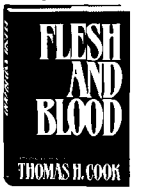

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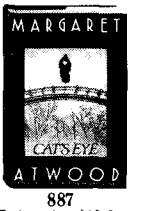

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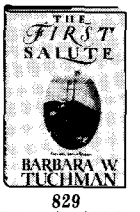

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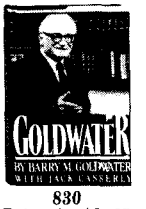

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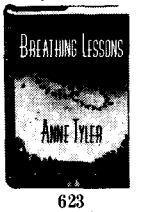

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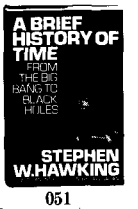

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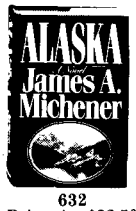

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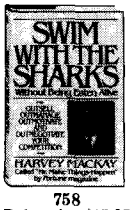

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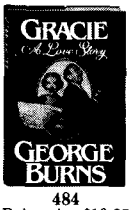

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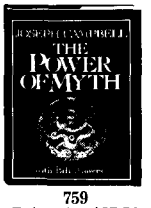

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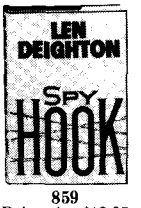

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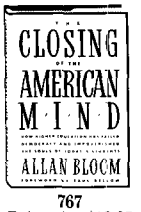

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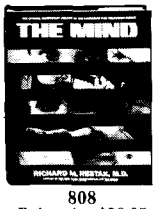

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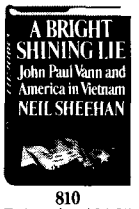

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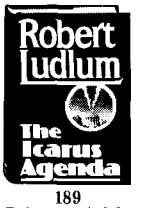

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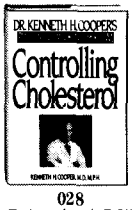

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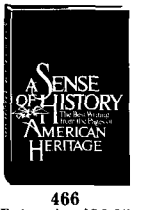

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WHAT'S COOKING IN HOLLYWOOD?

From Oat-Bran Muffins to Gorgeous Garbanzos, health-conscious celebrities are coming up with their own nutritious dishes.

by John McCollister

"More than ever before, Hollywood celebrities know the importance of a healthy diet," says Robb Weller, the popular co-host of "Entertainment This Week." Weller has interviewed thousands of celebrities on television and radio, and he's convinced that this is no passing fad. Many celebrities are genuinely concerned about nutrition, he says. They no longer want to promote an image of self-indulgence in calories and alcohol, and they're not shy about promoting the fact that a healthful diet can also be tasty.

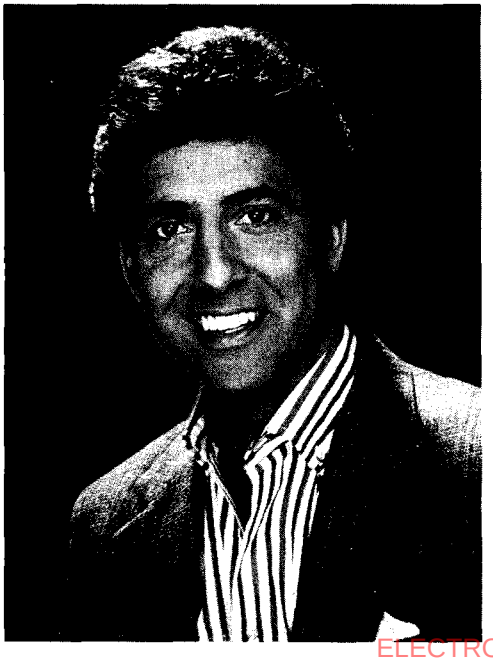
To illustrate, Weller, whose hobbies are gardening and cooking, offers two of his favorite recipes.

Oat-Bran Muffins
(Makes 12 muffins)

2 cups oat-bran cereal
¼ cup brown sugar
2 teaspoons baking powder
½ teaspoon salt, if desired
¼ cup raisins
1 cup skim milk
2 egg whites, fluffed up
¼ cup flavored honey
2 tablespoons canola oil
½ teaspoon vanilla extract

Heat oven to 425° F. Line 12 muffin cups with paper baking cups. Mix dry ingredients; then add milk, egg whites, honey, oil, and vanilla. Bake 16-17 minutes.

Nutrition-minded Robb Weller cooks and gardens when not minding the store on "Entertainment This Week" and ABC's "Home" show.



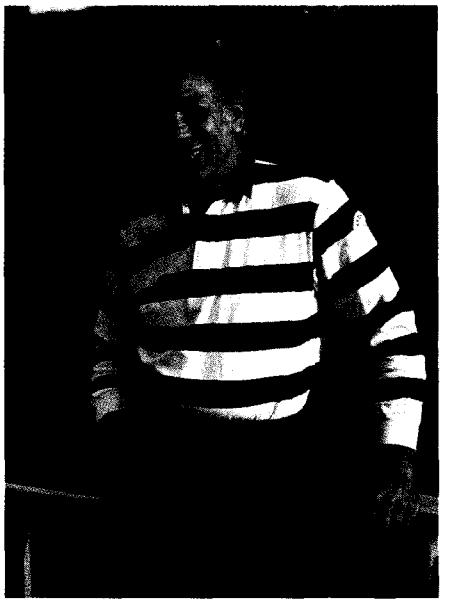
Black-Bean Soup

1 package (16 oz.) black beans
1½ tablespoons olive oil
1½ cups chopped onion
3 cloves, minced
2 smoked ham hocks or shanks
1 can chicken broth
Heavy dash thyme, basil, sage, and oregano
Bay leaf
3 whole cloves
½ teaspoon Tabasco
1 teaspoon Worcestershire
2 teaspoons lemon juice
Salt and pepper, if desired
Chopped onions, grated cheese, and low-fat yogurt for garnish

Soak beans overnight in cold water. In large skillet, heat olive oil, onion, and minced cloves; sauté about 6-8 minutes. Put beans in heavy 4-quart pot with 1½ quarts water. Add sautéed vegetables, ham, chicken broth, seasonings, and Tabasco. Cover; boil gently 10 minutes. Reduce heat, cover, and simmer 3 hours. Remove bay leaf and ham bones. Add Worcestershire, lemon juice, and salt and pepper to taste. Serve after reheating and garnish with onions, cheese, and yogurt. Tastes even better the next day!

• • •

Ed Ames, an actor-entertainer who looks ten years younger than his age, appears fit enough to don buckskins again for his old role as Mingo, the Oxford-educated Indian companion to Fess Parker's Daniel Boone. Fans who remember the release of the Ames Brothers' early '50s hit recordings may wonder how he does it. Ames attributes his trimness to his diet and a healthful lifestyle—no smoking or drinking. He is an avid cook who enjoys creating new dishes in the comfort of his Colonial-style Beverly Hills kitchen. He tries out his recipes on dinner guests, including his neighbors Harrison Ford and Charlton Heston. One of his favorite dishes is Salmon Croquettes.



In addition to making his mark on television, Broadway, and recordings, Ed Ames works at staying in superb shape.

Salmon Croquettes
(Makes 4 croquettes)

1 can (16 oz.) salmon
4 egg whites
⅔ cup oat bran
1 onion, finely minced
1 tablespoon fresh dill
2 tablespoons freshly squeezed lemon juice
1 teaspoon garlic powder

Mix ingredients. Dry fry in nonstick frying pan; add only nonstick vegetable spray.

• • •

"I used to be young and ugly," Phyllis Diller says. "Now, I'm old and gorgeous." But the self-proclaimed queen of cosmetic surgery can't attribute her youthlike vigor to

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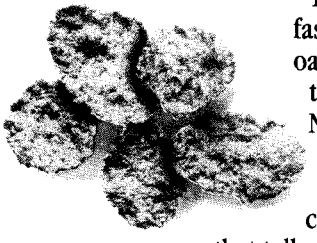
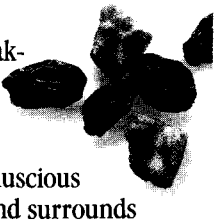
If this is how you feel about oat bran...

you need a tastier option.





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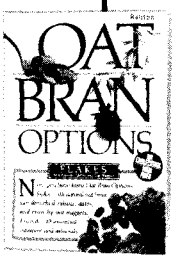

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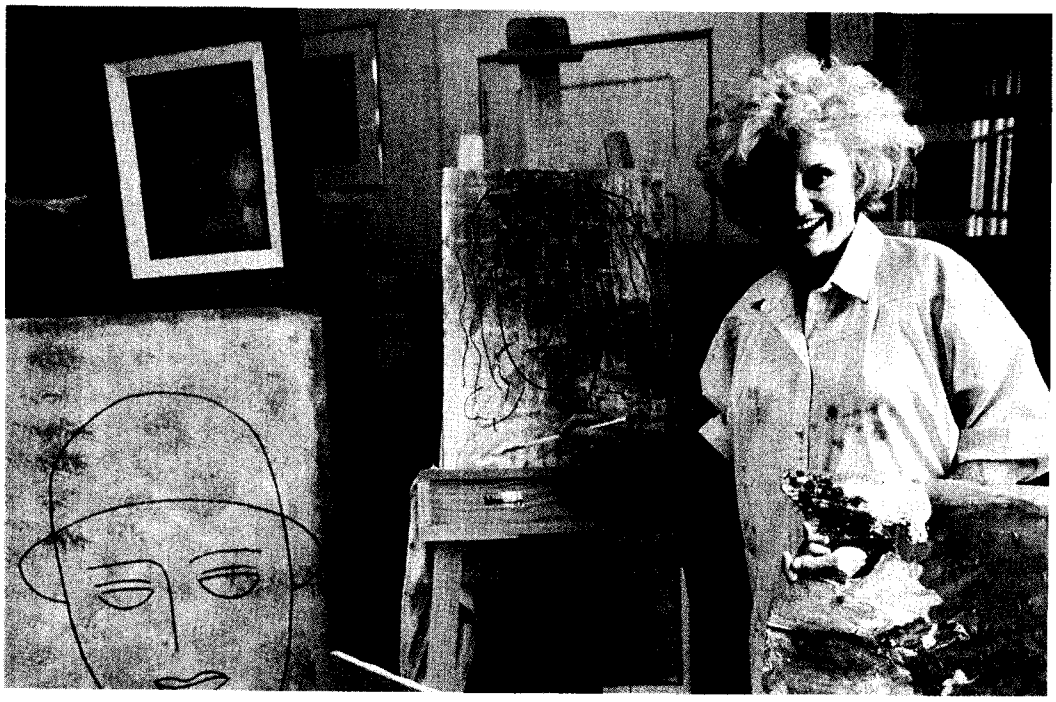


In her Hollywood home, Phyllis Diller finds relaxation at her painter's easel and in her kitchen entertaining friends and staff with healthful homemade recipes.

the surgeon's skill or even to a daily exercise program. She doesn't have one. She does step onto her treadmill now and then—but mainly to work off excess energy between guest TV appearances, comedy and solo piano performances, painting in oils, and cooking up fancy dinners for her friends and staff.

Diller is determined to avoid fat and cholesterol. She has been through the restrictive Nathan Pritikin program, but she readily admits that she is not beyond temptation. Her healthful recipes for salads and homemade dressings are plenty tempting.

Breakfast Cottage Cheese Crepe

1 egg or *2 egg whites* or *2 ounces egg substitute*
Small-curd low-fat cottage cheese
Maple syrup

Beat egg mixture in small bowl. Turn out onto medium hot omelet pan, and cook slowly. Make into crepe, and remove from pan. Place strip of cottage cheese at one end and roll up. Top with maple syrup.

Gorgeous Garbanzos

This is a real Old Italian recipe I found in an Old Italian place in San Francisco called *Buon Gusto*. This food is the caviar of the Old Italian community. It is very healthful and especially good for the nerves.

6 cans garbanzos (chickpeas)
2 cups canola oil
3 tablespoons cider vinegar
1 whole garlic root (8" around) or *18 cloves, finely chopped*
1 teaspoon Lawry's Seasoned Salt
2 tablespoons Parmesan cheese
1 cup parsley flakes, or fresh parsley, finely chopped

Drain garbanzos. Add oil, cider vinegar, garlic, seasoned salt, cheese, and parsley.

Rave Review Rice Salad

1 package brown rice
Walnut or olive oil
Garbanzo beans, marinated (see recipe above)
Artichoke hearts
Greek olives, if desired
Tomatoes
Walnuts
Dressing (see recipe below)

Cook rice according to package directions. Wash and dress rice with oil. Add beans, artichoke hearts, olives, tomatoes, and walnuts. Serve with dressing.

Dressing: Mix 1 cup lemon juice; 1 cup olive oil; dill weed to taste (⅓ jar); 2 cloves garlic, crushed; salt and pepper to taste.

Vege-Dilly Lunch

Mix one cup small-curd, low-fat cottage cheese with the following vegetables, finely chopped: *tomatoes, celery, carrots, scallions, cucumber, green bell pepper, and parsley.*

Optional vegetables include: *red or yellow bell peppers, cauliflower, broccoli, radishes, raw peas, sprouts, and turnips.*

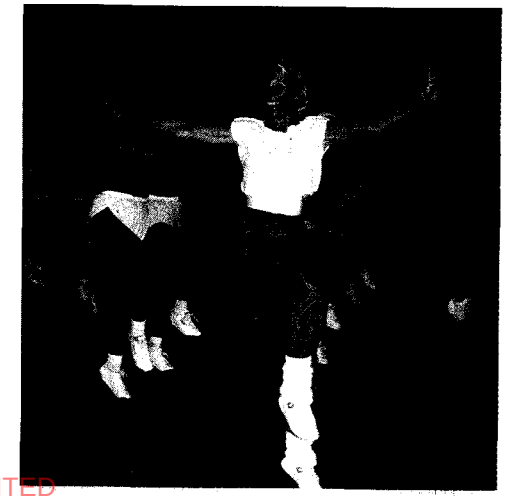
Mix thoroughly and spoon onto bed of lettuce. Garnish with parsley sprig.

Honey Dressing

3-3½ parts low-fat mayonnaise
1 part raw honey
Garlic, finely chopped or minced
Shallots, finely chopped
Onion, finely chopped
Scallions, finely diced (green part only)
Parsley, finely chopped
Apple-cider vinegar
Prepared mustard
Dry mustard
Lawry's Seasoned Salt, if desired
White pepper
2½ parts polyunsaturated oil

Blend mayonnaise and honey in mixing bowl until smooth. Using remaining ingredients, except oil, season dressing to desired taste. While whipping at medium speed, add oil slowly until smoothly blended. Add additional ingredients until desired flavor is reached. Chill and serve.

Besides watching what she eats, Jacki Faye Sorensen, the creator of aerobic dancing, is a "water [drinking] fanatic."



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Jacki Sorensen's svelte figure is her hallmark. It's to be expected from the lady who invented aerobic dancing, "the physical-fitness program that whispers exercise and shouts fun."

Sorensen burns countless calories at her rigorous job, and she carefully selects the elements of her diet. "I avoid poultry skin, whole-milk products, nondairy creamer, and artificial sweeteners," she says. "I'm also a water fanatic." She rarely drinks anything but. Her food preferences include fruits, nonfat yogurt, all grains, and salads with "protein accents" (chicken or other kinds of meat tossed in).

"My husband, Neil, is in charge of the core program in the kitchen," Jacki says, but occasionally she works at her pet cooking project: devising new vegetable dishes. She cured Neil's dread of broccoli with a delicious casserole made from that vegetable, brown rice, and low-fat cheese. "Actually, that was cheating," Neil says. "If it tastes that good it can't really be broccoli."

High-fiber and seafood dishes are Sorensen family favorites.

Muffins
(Makes 1 dozen)

2¼ cups oat-bran cereal
¼ cup brown sugar
1¼ teaspoons cinnamon
1 tablespoon baking powder
¼ cup raisins
½ cup nonfat milk
¾ cup frozen apple-juice concentrate
2 egg whites
2 tablespoons canola oil
1 medium apple, cored and finely chopped
¼ cup chopped walnuts, if desired

Combine dry ingredients except apple and walnuts in bowl. Mix milk, apple juice, egg whites, and oil in blender or separate bowl. Add liquid to dry ingredients and mix; then add apple and walnuts. Bake in paper baking cups at 425° F. 15-18 minutes.

Fish

Boneless catfish fillets, snapper, or any white-meat fish
Cooking sherry

Place fillets in uncovered baking dish. Add cooking sherry to cover bottom of dish. Bake 20-30 minutes at 350° F. Serve with brown rice and spinach for a great low-cal, low-fat meal.

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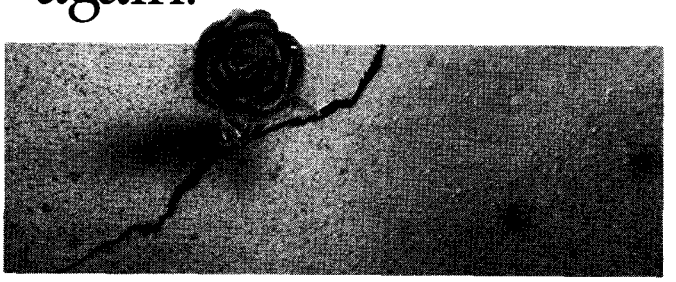

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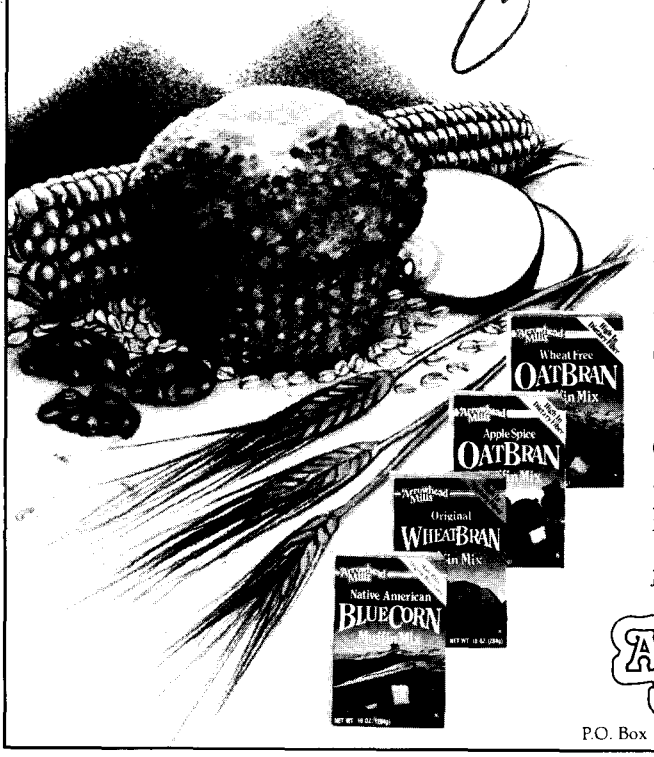

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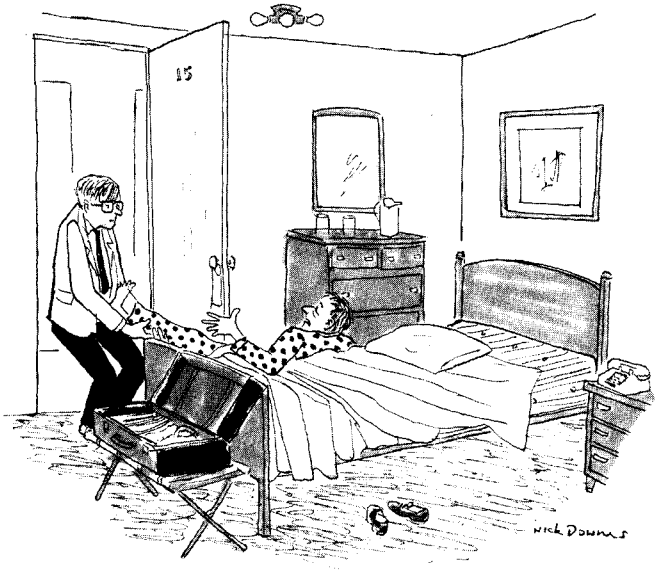
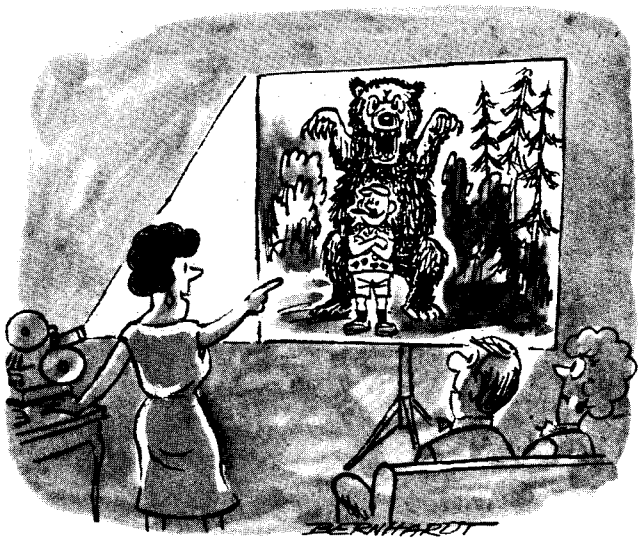
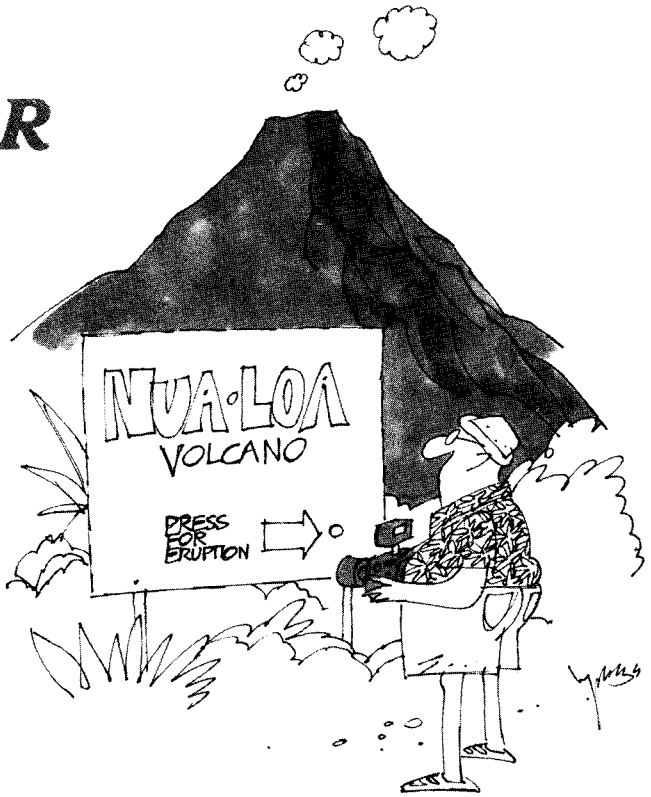
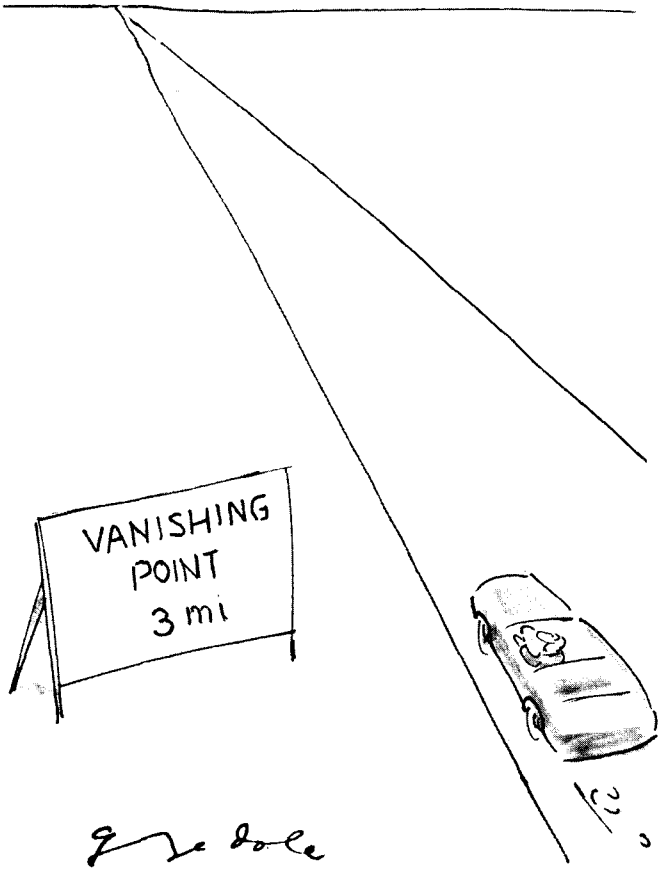


"Aren't your wake-up calls usually done over the phone?"



"Too bad George can't be here to see this."





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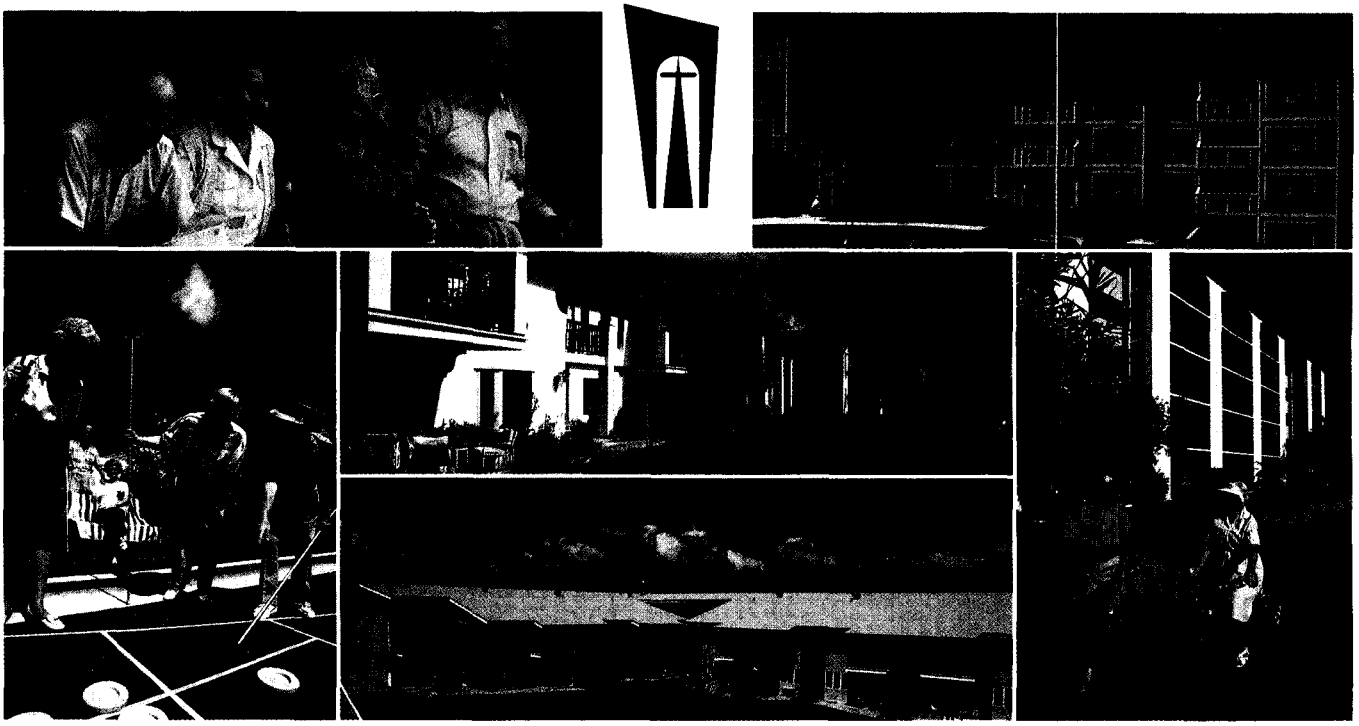

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Some researchers now believe that our American salt-heavy diet is the reason we have many more asthmatic children than are found in countries without our salt habit.

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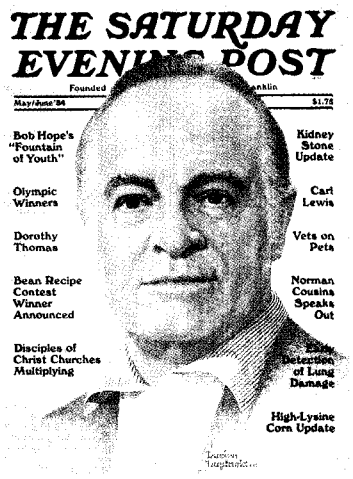

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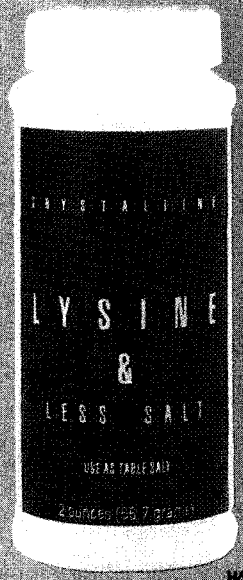

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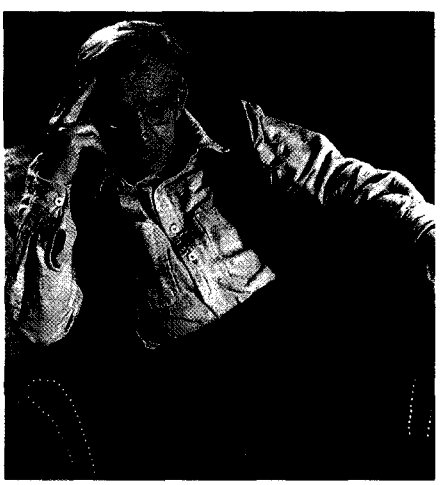
Post People

Peter Michael

After a split of 17 years, the ***McGuire Sisters*** are again harmonizing in such songs as "Muskrat Ramble," which made them one of the top singings acts of the '50s. Little has changed but their ages (also in the 50s)—not even their dress sizes. They still wear the size 8s they wore in 1952 when they won the Arthur Godfrey talent contest (with "Mona Lisa"), which sent the trio skyrocketing to stardom.

Chris' franchise chains, the 50 fur coats in Phyllis' New York townhouse closet, and Dorothy's $4 million home are mute testimony that their tour of the country and their first album in 20-plus years are not for money alone. Rather, as Dorothy says, "Singing as a trio is our life. It's really all we know."



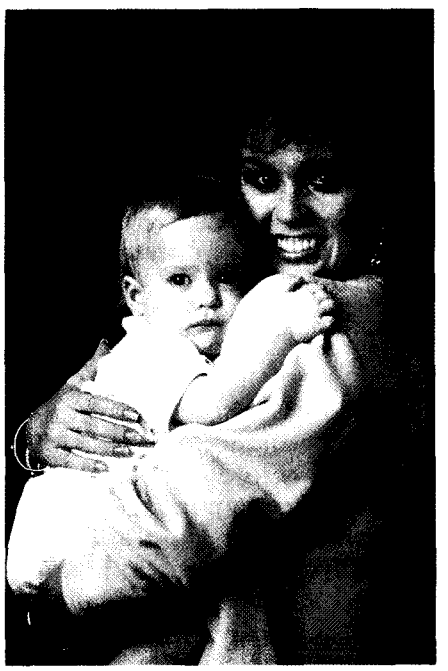
Five-time Oscar and two-time Emmy winner ***Arthur Kennedy*** laments the state of the entertainment industry. "Where are all the writers?" he asks. "The old ones die off, and there doesn't seem to be a new crop to replace them. The theater? Forget it. Movies? Don't ask. It's a terrible situation, and all anyone cares about is money."

What, then, has coaxed this 75-year-old back into moviemaking after ten years? "This one is different," he says of *One for Sorrow, Two for Joy*. "It's well-written. It's engaging. It's about something, and it has characters that people can really care about. It's certainly not like all this other garbage . . . [T]hat stuff curls your hair."

Russ Busby

The Reverend ***Billy Graham***'s benediction at President Bush's inaugural this past January surely evoked an "Amen" from liberty-loving people around the world when he said, "Our Father, we thank Thee for this great day in the history of our Democracy. May it touch the whole world."

The Reverend Mr. Graham will himself be touching other regions of the world with his message in June and July through a London-based ministry that may be his biggest ever. During three weeks he will preach from three different London locations using live transmissions to more than 200 churches, meeting halls, and athletic arenas in the United Kingdom and in Ireland, and sending delayed broadcasts to stations throughout Africa.



Considering ***Marie Osmond***'s heavy performing schedule and her maternal responsibilities, one wonders how she has time for her other "full-time occupation," raising money for the Children's Miracle Network, an offshoot of her family's charitable foundation. Besides co-hosting an annual telethon, which last year raised a record $56 million, she makes regular visits to corporate sponsors and calls on children's hospitals to visit staffs and patients. In six years, Children's Miracle Network has raised more than $170 million in aid to nonprofit hospitals for children in the United States and Canada, including one hospital in New Jersey specializing in AIDS. "The concept is wonderful," Marie says. "Although our telethon is a national event, all money raised—100 percent—stays in local communities to benefit local hospitals." This year's telethon will air live from Disneyland June 3-4.

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"Sarah"

by Yolanda Bello

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HER SON: THE VICE PRESIDENT

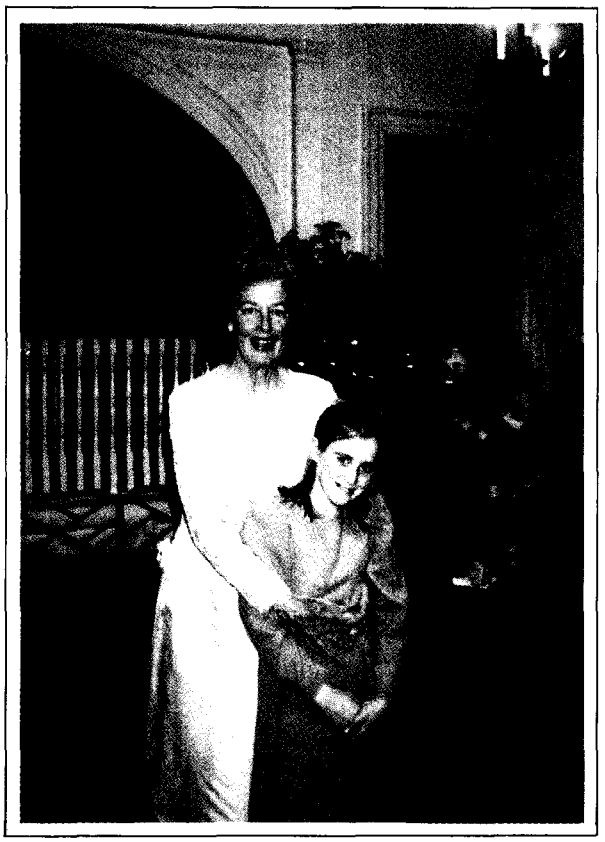
Corinne Quayle's philosophy for raising Dan did not include high ambitions, but rather stressed good manners, discipline, and thoughtfulness.

by Pat Stackhouse

Corinne Quayle remembers well the phone call on that steamy August day in Huntington, Indiana. It was her son Dan at the Republican convention in New Orleans. "Turn on the television," he said. "Call Dad and tell him to turn on the television." Telephoning her husband, Jim, the owner and publisher of the *Huntington Herald-Press*, she said, "Come home, Jim. Oh, come home."

Life for her and Jim really began to change after Dan's vice presidential nomination. Suddenly, there were places to go, letters to write, people to see, phone calls to make. At times, she says, she felt she needed a secretary. She still hasn't answered all the letters.

"I've been interested in politics all my life," she says, "but only interested. We never really were working for the party." But after last year's Republican convention, she and Jim took an increasing interest in political affairs. Her chief campaign role was domestic. She spent five weeks in Washington, D.C., taking care of her grandchildren (Tucker, Benjamin, and Corinne) while Dan and his wife, Marilyn, campaigned. "It was rewarding," she says. "I got to know the children better." It was a full-time job taking them to soccer games and horseback riding—and watching Tucker, 14, go on his first date. She took her knitting and a book along to Washington, but she didn't get much done on either.



Corinne Quayle says her chief campaign role was taking care of her grandchildren, Tucker, Benjamin, and Corinne.

On the first Tuesday of November she and the rest of the family watched eagerly as her son was voted the next vice president of the United States. Since that day she and Jim have been asked repeatedly, "Are things going to be different for you now?" She really doesn't think so—not *that* much different, anyway. She and her husband don't have much interest in being a part of the White House life, she says. They aren't the partying kind. "Besides," she adds with a laugh, "I don't think the Bushes are expecting us."

Their son's high office won't change their lives, and Dan won't change either, she believes. "He'd better not," she says. "If he does, he just may lose my vote." But she adds more seriously, "I wouldn't expect him to change and hope he wouldn't."

Corinne Quayle regarded herself as a normal mother for her four children—Dan, Chris, and the twins, Martha and Mike. She wasn't overambitious for her children. "I just wasn't geared to that way of thinking," she says.

Her child-rearing philosophy is simple. "I believe in a lot of love in raising children," she says. "And that means real love, which isn't just telling them you love them all the time." It sometimes involves punishment or telling a child he or she can't go somewhere. That, she admits, was hard for her. She stressed good manners, discipline, and thoughtfulness for others.

Mrs. Quayle recalls strolling through the DePauw University campus with her husband and Dan on a sunny Mother's Day years ago. As they passed a small chapel, Dan drew a bracelet from his pocket and gave it to her. She still has it. Another gift lies beside the bracelet in her jewelry box—this one a charm from Dan—special because it was given for no particular occasion. Dan, she says, is "very thoughtful."

Dan told her he felt personally influenced by his grandfather, her father, Eugene C. Pulliam, a noted newspaper publisher whose interest in politics ran deep. Her son picked up not only his grandfather's great love for freedom, but also the elder Pulliam's magnetic personality and his political expertise, she says. Her father, she remembers, had a way of cutting through red tape and confusion to see the point of the matter. He saw Dan as "a guy going somewhere in politics."

Yet she admits that in her wildest dreams she didn't expect her son to be vice president. "I never gave it much thought," she says. "I didn't speculate much on his future."

At times during the campaign, she felt sorry for Dan, feeling he got unfair publicity. But she never felt he should quit the race. His debate with Democratic vice presidential candidate Lloyd Bentsen was the lowest point in the campaign, she recalls. She couldn't believe Senator Bentsen uttered his cutting remark that Dan was no Jack Kennedy. The remark only helped increase Dan's stature,

continued on page 108

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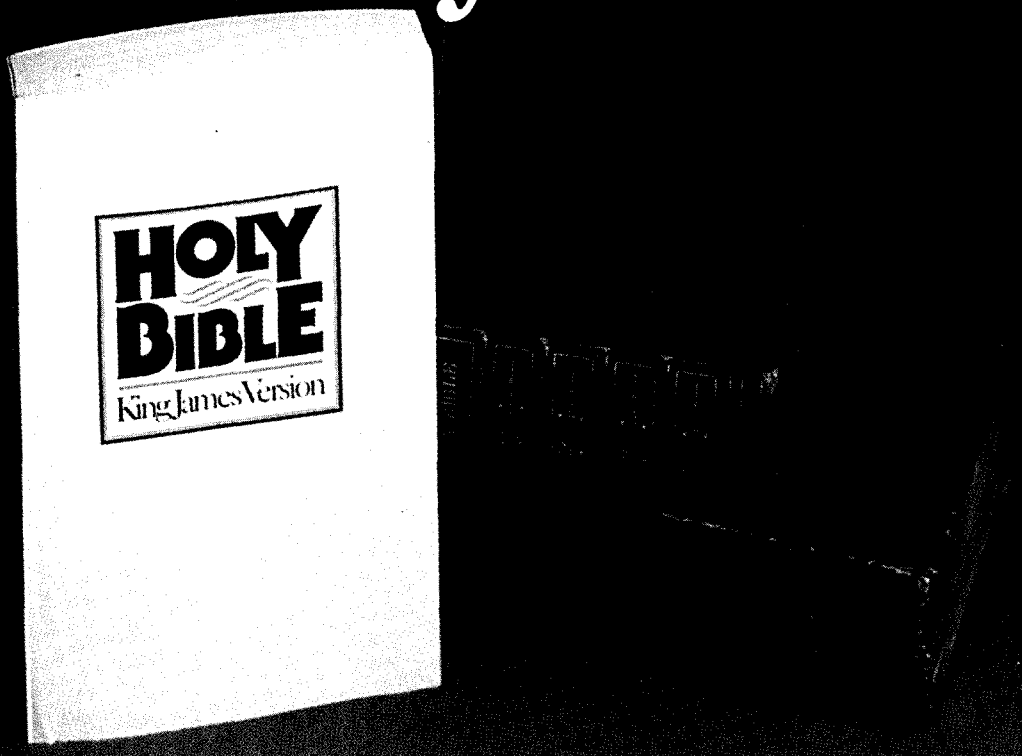

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TRACKING THE RICH AND FAMOUS

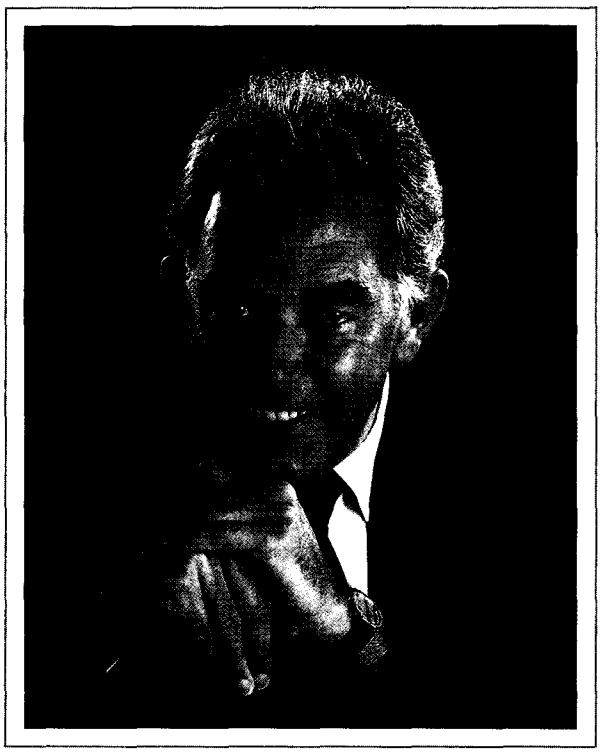
The toast of tabloid telly, Robin Leach wears a tux to work, but he's saving his shekels for a much quieter lifestyle.

by Holly G. Miller

Off-camera, Robin Leach is all you thought he'd be . . . and less. Less brash, less impertinent, less party animal, even less British. As the host of tabloid telly's popular "Lifestyles of the Rich and Famous," Leach may nurture his image as a Jacuzzi journalist, but he works long hours to deliver to his viewers exactly what they want. His goal: "I've got to Krazy Glue them to their seats with arresting stories. There's always got to be one wild, extravagant, gee-whiz story that will cause people to nudge each other on the subway Monday morning and say, 'Do you *believe* what we saw on "Lifestyles" this week?' "

The mix is everything. Each year Leach logs some 250,000 miles in pursuit of 300 outrageous tales. Some involve celebrities (Malcolm Forbes, Liz Taylor); others are rags-to-riches odysseys (guideline: you must be worth $50 million to qualify for the show); and then there's a sprinkling of mega-moguls (the Sultan of Brunei, for instance, who earns $110 million a day—$500,000 an hour in interest). After all the stories have been shot, Leach retreats to his editing booth and, like a master chef, blends ingredients until he comes up with a week's menu he knows fans will find palatable. He has the exercise down to a near-science.

"First we interview our subject for one to three hours," he explains. "We come away knowing the key sound bites [quotes], and we isolate the thing that's incredible about the story. For example, if a man tells us he was abandoned as a child, raised in an orphanage, and now is worth a hundred million dollars, it takes the shape of a rags-to-riches story. For 2½ days—seldom together, incidentally—we shoot the pictures to tell the story in a logical, uncomplicated manner. We then return to the office, edit the film, and write the first script. The final draft isn't written until we put ten stories together to make an hour. At that point, I sit down and decide on the recipe we will cook up."



Clinking champagne glasses with Vanna White and volleying tennis balls with Sam Walton are part of the job for affable Robin Leach. No wonder he has no plans to retire.

At age 47, Leach has been conducting interviews for more than 30 years. After starting as a teenage reporter in Harrow, England, he worked for the *Daily Mail* in London. He later relocated to New York and sold shoes until he was hired by the *New York Daily News*. Eventually he served as the show business editor of the *Star*, a checkout-line tabloid. He finally switched to television and "Entertainment Tonight." Interviews have always been his specialty, but he objects to studio settings. He prefers visiting the interviewee's home turf, especially if that happens to be the Riviera, the Caribbean, or any suitably posh digs. Leach finds that there, in familiar surroundings, the interviewee is more apt to open up and tell what he vowed he'd never tell anyone.

"The first question in an interview is the most important because you've got to establish trust and rapport and let them know a certain amount of impertinence is going to take place," Leach says.

And then?

"It's like having a love affair," he says. "You've got to get it all done in an hour, like the *Reader's Digest* abridged version. You've got to romance 'em, seduce 'em, lure out the information, and then you've got to abandon them. I guess it's like a *bad* love affair."

His secret is silence. After his question has been answered, he waits, giving his interviewee the opportunity to amplify on the response or to add some nitty-gritty. He never looks at cue cards, he keeps his hands free to be expressive, and he tries to maintain eye contact.

"You've got to measure the amount of silence that you are prepared to let pass before you ask another question," Leach continues. "Particularly in television, when the camera is there and the lights are on, this is a tough thing to do. But the silence causes the person to think maybe he didn't answer properly or maybe his answer wasn't interesting enough. So he begins to amplify it or tell the story he vowed he'd never tell—which is really the answer you

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were looking for in the first place."

In spite of criticism that "Lifestyles" is often vulgar, Leach says that he has refused blockbuster stories he thought were distasteful. He once sent regrets to the former Philippine president Ferdinand Marcos ("We would have had the closet with the 5 million shoes before anybody else"); he also turned down a visit with the Duvaliers when they still controlled Haiti. His prerequisite for millionaire stories: The money must be the result of hard work. Neither does he duck the occasional serious topic. In his 100th show, he not-so-subtly warned viewers that the American dream could become a nightmare if the Japanese continue to buy assets in the United States.

"My morals tell me that I must do that kind of story," he says. "I also believe we need to take the edge off critics who lambaste the show as being irresponsible and serving no moral purpose whatsoever. We are an entertainment show and make no bones about it, but we can be serious. We can have diamonds on the dashboard of the Rolls-Royce in one story, and in the next segment warn America to be careful that Detroit doesn't close down because everyone is buying Japanese cars. We can make an impact even though we're the pioneers of tabloid television."

At its tabloid tackiest, "Lifestyles" still has a legitimate theme. The reason the show, a hit since its debut in 1983, has been renewed through 1990 is its message: There's nothing wrong with being filthy rich. So pass the caviar, unpop the bubbly, and toast the folks who earned it.

"Because the majority of the stories are the rags-to-riches kind, they are an inspiration to people viewing the show," Leach says. "The audience isn't sick to their back teeth by it, because they're saying, 'Hey, I could do the same thing.' Everybody dreams of being a winner. Everybody goes to Atlantic City or Vegas and dreams of hitting the jackpot, and everyone goes to the races in the hopes his horse will come in No. 1. Otherwise, why go?

"We're a nation of people who want to win and win big, and on 'Lifestyles' we show a segment of society that *has* won big, and that segment shares the reasons behind the success with viewers who dream they could do it too.

"Let's face it, America is the only country today where if you are born on the wrong side of the tracks you still can cross over and go to the top. A peanut farmer can become president." And a scrappy British street reporter can get invitations to all the right palaces, chat with the American billionaire Sam Walton, tour the family homes of Michael Jackson, and root through Liberace's collectibles before they go to auction.

Robin Leach believes he has the best job in all of journalism—in spite of his grueling road schedule. Jet lag—last year he was home only 22 days—is no problem because he never lets the whirlwind pace catch up with him. At the first symptom of weariness, he says, he merely boards another plane.

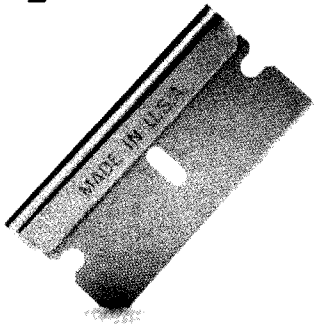
On-camera, he speaks in hyperbole, makes every observation an exclamation, and constantly goes gaga over the people he profiles. At home—when he's there—he lives quietly without benefit of drivers, butlers, or other staff. He describes his house as a "fairly normal" three-bedroom place he's had for 9 of the 14 years he's lived in the same Connecticut town.

He adds, "People think every night of the week I'm in tuxedo, drinking champagne, and stuffing caviar down my face when, in fact, I'm saying, 'Oh, no, not another black-tie event to work at.' My idea of a perfect vacation is to stay home in Connecticut."

Still, he has his dream hideaway and it's located on Jumby Bay, just off the coast of Antigua. He says he's saving his pennies to build a home on the quiet little island with no radio, no television, no phones, no community swimming pool, and no golf course. Residents of the island's 38 villas go to bed early, get up early, and do little more than roam their private beaches.

"It's the exact opposite of what people would expect of me," the hardworking host ventures. "They would expect me to have 40 gorgeous bikinied women feeding me grapes in a rock-'n'-roll resort in Mexico: you know, the typical jet set playboy image. But give me a stack of magazines to read under the sun and give me peace and quiet for as long as possible, because that's how I recharge my batteries."

Every day, thousands of women perform surgery on their feet.



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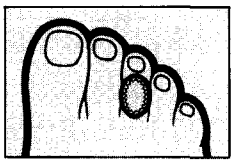

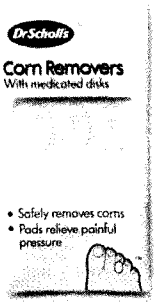

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THE YOUNG VISITOR

by Mary Roberts Rinehart

Illustrated by Courtney Allen

Synopsis: *Alex Hallam, secluded on a spit of land in the Gulf of Mexico, was expecting word from his publisher any day about the fate of his latest novel. What he wasn't expecting was a visit from an impetuous young admirer, Betty Jennings. Alex's wife, Sheila, seemed strangely amused, and even relieved, at the intrusion. Alex himself was determined to live up to Betty's image. If she chose to consider him a nice combination of distinction and romance. . . .*

Conclusion: The meal was rather silent, but the strong black coffee made Alex his own man again. True, he yawned once or twice, but he had more of his old spirit, and some of the warmth of the evening before came back.

Now and then, Betty turned on him a pair of wide limpid eyes, and he felt young and attractive again, and not at all like an author whose wife didn't understand him, and whose last book was so bad that the publishers had ignored it.

It is true that there was a strange twist to Sheila's mouth which might have been a repressed grin, but, with the black coffee where it belonged, he ignored it.

"And what," said Sheila brightly at the end of the meal, "are your plans for the day?"

"What are you going to do?" he inquired, with cold politeness.

"Oh, me! I'm going to rest." She gave Betty a little smile. "You don't know what it means to have you here," she said gaily. "You see, Alex takes a lot of amusing, and now I can have a holiday."

Betty stared at her rather blankly.

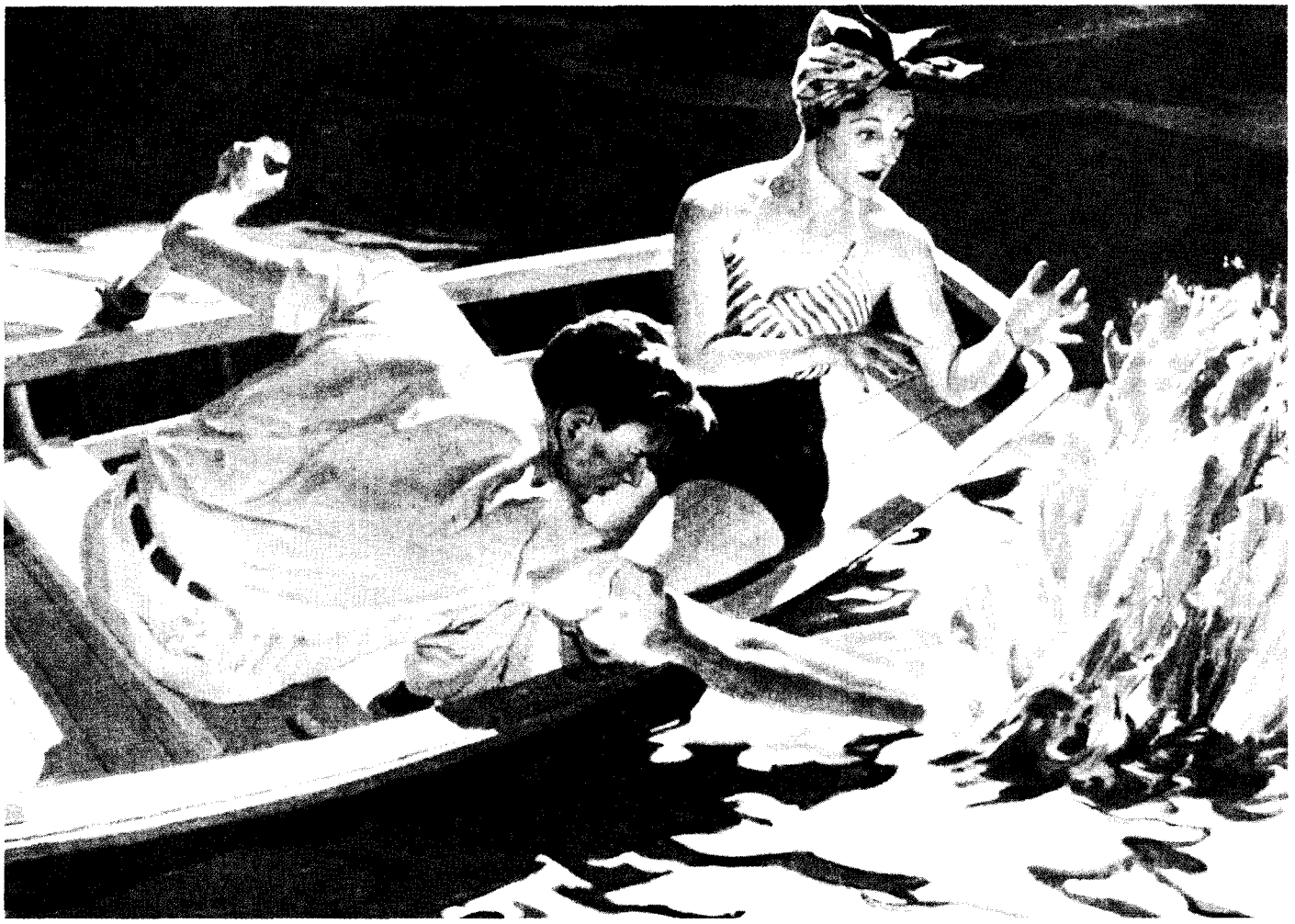
"I thought he wrote."

"Not all the time. There are—intervals."

That sounded like another dirty crack, and he eyed Sheila coldly.

"What does he do then?" Betty inquired. "Play?"

"Well, he does a little work now and then," Sheila admitted. "He's got a power plant to fix today, but I'm certain he'll love to have you around while he is doing it."



"Oh, Alex!" she wailed. He made a frantic dive with an oar and promptly lost it.

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Alex got up suddenly and looked for a cigarette. There were none, nor did a frenzied search of the pockets of his various coats produce any. Betty, left alone at the table, was looking apologetic.

"I smoked a lot last night," she said guiltily, "and I forgot to bring any. It's funny how I forget things. Ever since I came, I've had a feeling that I've forgotten something."

She looked vaguely around, but nobody was listening. The search had now involved the whole household. When he came back to the living room, Sheila was gazing out intently, and she paid no attention while he looked under the furniture and poked behind cushions.

"I imagine she has gone out to get some. I think," Sheila added thoughtfully, "that that must be the reason she is taking the boat."

Somebody was certainly taking the boat. From the boathouse below came the hammering and pounding of an engine, followed by the loud roar of an exhaust. When he got to the porch, the boat was a hundred feet from the dock and, guided by a young and charming figure, was ignoring the channel and heading in the general direction of Baird's Landing.

He turned on Sheila, with the accumulated venom of being up at six, no mail, no papers, and no George.

"You let her go!" he shouted. "You stood there and watched her——Great Scott, she'll hit the bar!"

"Not for the first time, I daresay," said Sheila, without malice. "She is impulsive, isn't she?"

That, however, was lost on him. He was racing down the slope, shouting and waving, and from the boat Betty, nonchalantly at the wheel, waved back and gave him a radiant smile. Almost immediately, however, the boat hit the bar, and Betty vanished completely from his sight. It was some moments before she got to her feet and waggled a feeble hand in his direction.

His rage was mixed with relief. At least she wasn't hurt, and there was something lonely and brave about her as she stood there, looking slightly dazed.

He got the skiff and rowed out to her, and even the discovery that the propeller shaft was bent and the blades curled up like the leaves of a cabbage did not entirely harden his heart.

"Alex!" she said. "If you scold me I'll cry. You see, I just remembered——"

"Now listen," he said. "Get into this boat and forget it. You're not hurt, are you?"

"I bumped my head. You don't hate me, Alex, do you?"

"Great Scott, no."

"Do you suppose it will run again?"

"Not so you could notice it. But don't worry about that."

She seemed uncertain for a moment. Then, with an air of accepting the inevitable, she climbed down into the skiff.

"You are a sweet person," she told him, and relaxed comfortably into the stern.

At the end of two hours of hard labor, he got the launch off the bar.

"Don't be such a little fool," he said. "That was probably a shark, and now you're going to swim for your life." She gave him a dreadful look and turned white.

His hands were blistered again and the sun was boiling. Off at the bathing beach, Betty, in a negligible bathing suit, was splashing happily around, and on the porch a cool and calm Sheila was quietly knitting. When he looked at his watch it was only half past ten, and he held it to his ear to discover if it had stopped.

Sheila looked up pleasantly when he dragged himself onto the porch.

"I hate to remind you," she said, "but with George not here and the electric refrigerator off, Mary says the meat is spoiling. If we're to have any lunch——"

"Listen," he said, goaded. "I'm not worrying about lunch. That's your job. And to h— with the power plant. I've had all the exercise I want. What I need is some cold beer and a shower, and then I'm going to bed."

"Cold beer?" Sheila inquired, and he slammed into the house.

He felt better after the shower, however. He painted his hands again with iodine, and, to avoid Sheila, went by the back door to the small powerhouse. There he was discovered shortly by a Betty still in her bathing suit, and showing a pair of long and beautiful young legs; a Betty, too, who had apparently forgotten about the boat entirely.

"Imagine your knowing so many things," she said. "I knew you wrote marvelous books, but you do everything else, too, don't you?"

"Not everything," he said modestly.

She curled up in a corner and gazed at him.

"To think I'm here!" she observed complacently. "It's the most wonderful day of my life. Alex, darling, do tell me about your new book."

"I'm afraid it's a flop."

She squealed. "But it couldn't be, Alex. How can you talk like that? Do tell me, just a little."

In the end he did, and some of the weight left his chest, where it had been for days. By George, it wasn't so bad, as he told it. It had quality. It had novelty too. He forgot his back and his hands, forgot his sunburned face and warm beer and the change in Sheila from a cheerful playmate to a bitter creature who knitted most of the time. He sat, looking out at the waving palms and orange trees that needed spraying, and put his very soul into the narration.

"And so, at the end," he said, "they make the better choice. Life will go on. It will change many things. It will separate them, but each will know, always and forever——"

He choked a bit and glanced hastily at Betty. But Betty, in her corner, was sound asleep.

Lunch was not entirely a success that day. George had not appeared. Alex's sunburned face felt as though it would crack, his back felt like lumbago, and the chops were certainly not beyond suspicion. Sheila, who ate only a salad at midday, seemed contented enough, and Betty prattled without cessation.

"Alex told me the story of his new book," she said shamelessly. "I think it's wonderful."

Sheila choked and coughed.

"Really?" she said, with interest. "He will be so glad you approve." She pushed back her chair. "Well, what do you two young things plan for this afternoon?" she inquired casually.

"Nothing," said Alex, eying her.

But he had counted without Betty.

"Why, Alex!" she said. "I thought

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we were going fishing. Can't we just row about a little and troll a line? I love fishing."

"Yes," said Sheila, with suspicious promptness. "Do row about a little and troll a line, Alex. We need fish for supper anyhow."

He gave her a long hard look, but she had picked up her knitting and was counting stitches.

"I suppose," he said coldly, "that the fact that I have blisters on my hands doesn't matter."

"I'll row," said Betty. "I adore rowing. Do let me, Alex, darling."

But he merely transferred the look from Sheila to her, and what he saw had lost some of its glamour.

"Not on your life," he said grimly.

He gathered up the tackle without enthusiasm. Only one rod and one reel. He wouldn't be fishing. He would be rowing. He would be rowing and getting more blisters, while Sheila sat on the porch and took a vacation, whatever she meant by that.

It was without so much as a farewell to Sheila that he marched out of the house and down to the boat.

He felt a good 50 by that time, but Betty, waiting for him on the dock—in the bathing suit once more and looking like a water sprite—revived him somewhat.

"I can't believe it," she said. "Isn't it divine?"

"Isn't what divine?"

"Having you all to myself for a whole afternoon," she explained. "Don't you realize what a famous man you are? I know dozens of girls who would be simply wild if they knew. Is that my pole?"

"It's your rod, my child. And don't lose it. It's a pet of mine. Also don't count on a whole afternoon. There's a limit to what I can do."

He helped her into the boat, where she curled up like a kitten in the stern. Then he got in himself with considerable caution, due to his back. He cast off, sending a malignant glance of pure hatred toward Sheila, waving on the porch, and settled down grimly to the oars.

"It's lots more fun than a motorboat," said Betty.

"Yes. It must be," he said.

"Loretta, we can't get away from it all if we're taking it all with us."

That, however, was lost on her. She had spied her first pelican and was gazing at it with much the wide-eyed look she gave him on occasions.

"What on earth is it?"

"It's a pelican. You know the rhyme. Its beak can hold more than its belly can."

"Can it?" she said vaguely.

He rowed for two hours straight, while Betty prattled steadily. There were no fish. His hands were nearly paralyzed, his back one long ache from where his head sat on it to where he sat on it himself; but he kept on doggedly. By the Lord Harry, if Sheila wanted fish, she would have fish, if he had to kill himself to get them. In due time, too, he discovered that by looking at Betty and not listening to her, he could manage better. In a world strangely cold to him lately, she was warm and friendly. She even found him romantic. He was certainly not romantic to Sheila.

He rowed obstinately far out into the bay. The black fin of a cruising shark broke the surface of the water. A fish rolled near by, and the bald pink head of a huge turtle uplifted, gazed at them and disappeared. Then he realized that Betty had stopped talking and was looking at him with a certain apprehension.

"Alex," she said, "you know this morning when I took the boat?"

"I do."

"Well, I'd just remembered. I knew I'd forgotten something, but I couldn't think. Then I——"

"Look out!" he said suddenly. "Your rod! You've got a fish."

But it was too late. One moment the rod was there; the next it had flipped into the air and was gone.

Betty sat up suddenly and stared after it.

"Oh, Alex!" she wailed.

He made a frantic dive with an oar and promptly lost it. Then he felt the boat lurch, and looked around to see that Betty had dived overboard. He was divided between rage and horror.

"Come back here!" he yelled. "There are sharks around! Betty!"

The Betty, however, who rose to the surface emerged only for a second, and immediately went down again. He stood up in the boat, staring incredulously at where her small sleek body had left no more impression in the water than a thumb taken

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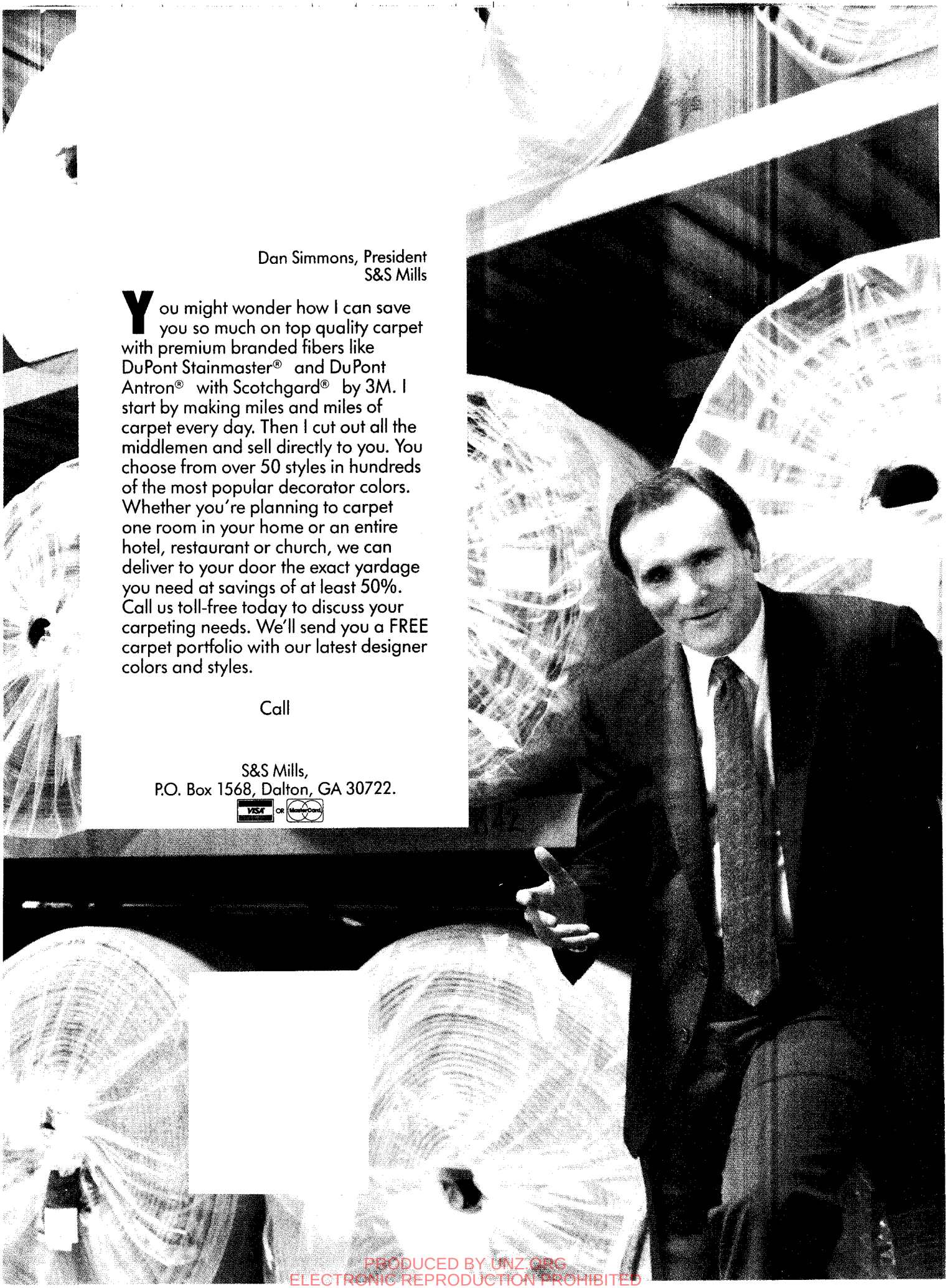

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out of a bowl of soup.

"Betty!" he shouted. "Come up here! Don't be a fool!"

She did come up then, but she was some distance away and looking like a scared baby.

"I'm caught in the line," she gurgled, and disappeared again.

He kicked off his shoes and went overboard viciously. The little idiot! Didn't anybody teach these youngsters any sense? There was nothing gentle in the way he caught her and brought her to the surface; nothing gentle, either, in the way he untangled her.

"What made you do an idiotic thing like that?" he demanded.

But she only rewarded him with a luminous smile.

"Oh, Alex!" she said, closing her eyes. "To think you saved my life."

They were still in the water, but now he looked about for the boat. It was far away, however, and, with wind and tide assisting it, it was apparently on the way to the Gulf of Mexico. Betty was lying relaxed on his arm, an almost beatific expression on her face.

"Nobody will believe me when I tell them," she said contentedly. "And there's a big fish around me somewhere. It rubbed against me a minute ago."

He went cold with horror. Then suddenly a furious rage possessed him, and with all his heart and soul he longed to push Betty under the surface and hold her there indefinitely.

"Don't be such a little fool," he said with a vehement snort. "That was probably a shark, and now you're going to swim for your life."

She gave him a dreadful look and turned white.

"A shark!" she said feebly.

"A shark," he repeated, "and if you faint I'll slap you or drop you—and I don't much care which."

Several ages later he dragged her up onto the beach. She still had the requisite number of legs and arms, but beyond that she completely lacked attraction for him.

What he wanted was to lie down where he was and rest for a month without moving; and after that he wanted Sheila and some coffee.

It was Betty who revived first. She sat up on the sand and looked at him with her childish and candid gaze.

"Alex, darling," she said, "you weren't very nice to me, out there in the water."

"No?" he grunted.

"It wasn't a bit like you."

He turned over with an effort and looked at her. She might have been something washed up from the sea, for all his gaze implied.

"Listen," he said. "What do you know what I'm like, and what do you care?"

"Why, Alex!"

"What's more," he said, "I've got a wife and I like her. And you can be sure that as soon as I can use my legs, I'm going back to her."

Some time later they started toward home. It was a long walk, and the beach was rough with shells. Now and then, Betty gave a plaintive cry, but Alex paid no attention.

"Alex! How far is it now?"

"Just keep on going," he said.

It was dark when the house came in sight. Alex saw with relief that the lights were on, and as they came closer, he saw Sheila, on the dock and staring anxiously out to sea. Never had she looked so beautiful to him. She was just Sheila, and he loved her. He still loved her, even when she heard the dragging footsteps and they emerged into the light.

"Well!" she said. "It must have been quite a party!"

He looked at her and grinned sheepishly.

"It came nearer to being a murder," he said.

He was comfortably tucked away in bed that night when he heard a motorboat approaching, and some time later saw George's dolorous face in the doorway. He had a cloth tied around his jaw, and he was holding something in his hand.

"It's a telegram," he said. "A repeat. Mr. Baird says he gave one to the young lady last night." Here George made a valiant effort and repressed a snort. "Then, when there wasn't any answer, this one came. What's happened to the boat, Mr. Hallam? Looks like you'd piled her up somewhere, and I can't see the skiff."

"Give me the telegram," said Alex, "and for God's sake have you got a cigarette?"

George looked surprised, but he produced a crumpled package, and Alex inhaled deeply before he opened the envelope. There was a mist in front of his eyes, but when it cleared, the message stood out, clear and beyond doubt.

BEEN OUT OF TOWN STOP BOOK BEST YET STOP CONGRATULATIONS STOP WIRE AT ONCE WHERE TO SEND GALLEYS

He lay still for a moment. Then he flung back the bedclothes and stood on his feet. Sheila caught him as he was making for the door.

"Where are you going?" she demanded.

"To commit that murder," he said. "And this time it will be a murder."

Late that night, he and Sheila sat together in the living room. The night was chilly and there was a fire. The lights were on full, and the cigarette boxes were full also. Remotely and receding into the distance, they could hear the engine of George's boat as

"I'm referring you to another doctor—I only treat hypochondriacs."

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it carried Betty to new fields, via Palm Beach, and there was a divine peace over everything.

But Alex was not easy. Now and then he looked at Sheila's face, smooth and lovely in the firelight.

"I'm sorry, old girl," he said at last. "I suppose it's been pretty hard on you. But it's over. You know that, don't you?"

"It's over until the next book."

"What do you mean?"

She smiled at him.

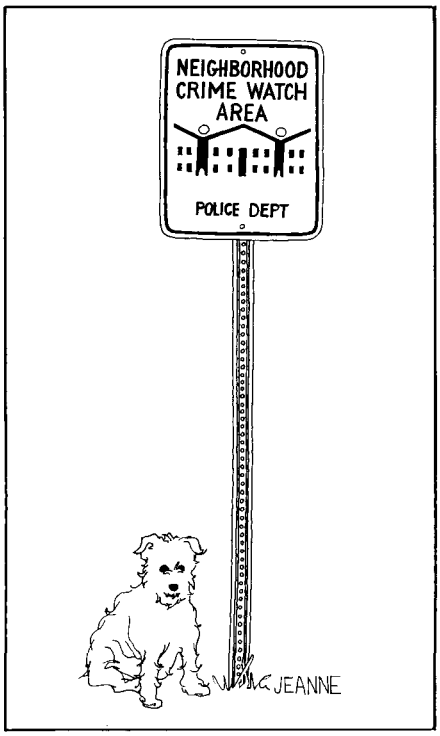
"It's always a bad time until you hear," she said. "I suppose you need diversion, or something to bolster up your pride. And she did it."

"She d— near killed me!"

He leaned back. His muscles still ached and most of his body was sore, but his soul was jubilant within him. Here were peace and quiet, here were an open fire and the soft lapping of water on the beach. Even the motorboat now was beyond hearing. He drew a long breath of sheer contentment.

"It was a pretty good idea after all," he said. "This place."

Sheila, however, was not looking at him. Her eyes, instead, were fixed on the lights. There was no doubt about it. They were dying; undeniably dying. And as she looked, they faded into a dull rosy red, and then went out entirely, leaving her and Alex alone in the friendly dark. ✱



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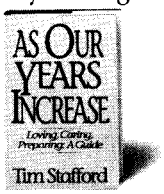

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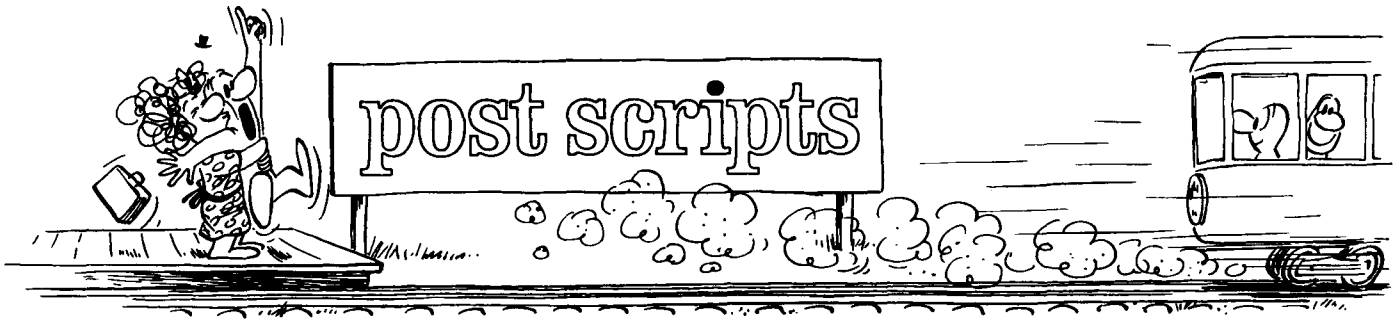

Sari About That

A wife looked up from the evening paper. "It says here," she told her husband, "that in some parts of India a man doesn't know his wife until after the marriage."

"And why," her husband asked, "do they single out India?"

—Henry H. Dunagan

Diejer Straits

I went to Meijers to look for teijers.
They had no teijers; they did have
pleijers,
The kind they use for cutting weijers.

—Lester E. Bartholomew

If Ya Gotta Go, Ya Gotta Go

A woman took her small son with her to a department store. While she was trying on dresses, the boy nudged her.

"I gotta go."

"You'll just have to wait, son," the mother replied.

"I gotta go *now*!" Heads began to turn.

Anxious to avoid a crisis, the saleslady said, "That's all right, madam, I'll take him."

When they returned, the mother thanked the saleslady. "Did you thank the nice lady for being so kind?" she asked her son.

"Why should I thank her?" the boy replied. "She hadta go too!"

—Thomas LaMance

The *Real* Fish Story

The fisherman's wife leads a dreadful
life,
Beset by many a sigh—
It's an endless bout with the wily
trout
For the love of a reel-gone guy.

The fisherman's spouse knows not to
grouse
At the sight of a scale or fin
When her man comes back with a
bulging sack
Of fish, with the insides in.

With the love he feels for his rods and
reels,
She knows she cannot compete,
Yet she faithfully cooks each fish he
hooks—
Which he then declines to eat.

The fisherman's wife leads a dreadful
life,
But revenge is a lead-pipe cinch:
When the caught fish swells in tales
he tells,
She can quote its length, to the inch!

—Joyce LaMers

He's so complicated! I wish I knew what was going on inside that head!
...eighty-seven bottles of beer... you take one down, pass it around, eighty-six bottles of beer on the wall...
Rice

Litter Bitter

Our roadsides all flutter
With litter and clutter
From long-living plastic food pans,
To diapers abandoned,
Just tossed out to land on
Our landscapes among all the cans.

If only this litter
Could follow and flitter
Back home to the tosser's front door,
'Twould be a solution
To roadside pollution,
Such sins could be secret no more.

—Margaret C. Scruggs

Ticket to Ride

The mayor's brother-in-law waved a parking ticket in the desk sergeant's face and cried, "Do you know who I am?"

The sergeant called the mayor's office. "Tell the mayor his brother-in-law's here," he told the secretary, "and can't remember his name."

—Bobbie M. Cooley

Ape Crazy

See no evil, hear no evil, speak no evil, and you do the work of three monkeys.

—Gil Stern

Whose Boy Are You?

Is this balding young man whom
I now see
The toddler who climbed into bed
with me?
When came the nightmares, the
thunderstorms,

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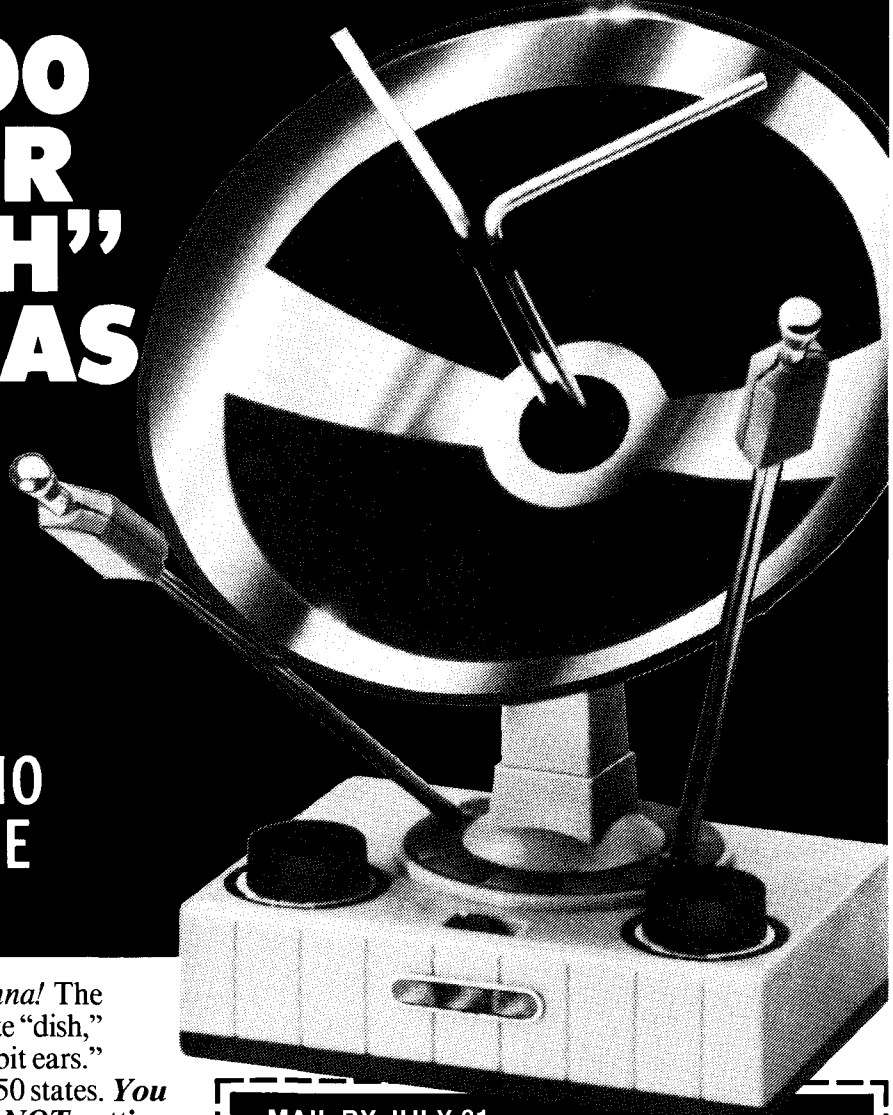

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He rushed to the comfort of mother's arms.
Now he's a man of stature and pride,
Making decisions that can't be decried.
Still, in my heart, he'll always be
The toddler who climbed into bed with me.

—Elsa Maresh

Filing Suit

One morning a secretary was showing off her new suit, a birthday present from her family. Her boss stopped to admire it before going into his office to greet a client.

"Sorry for the delay," he said. "I was just admiring my secretary in her birthday suit."

—Kris Lee

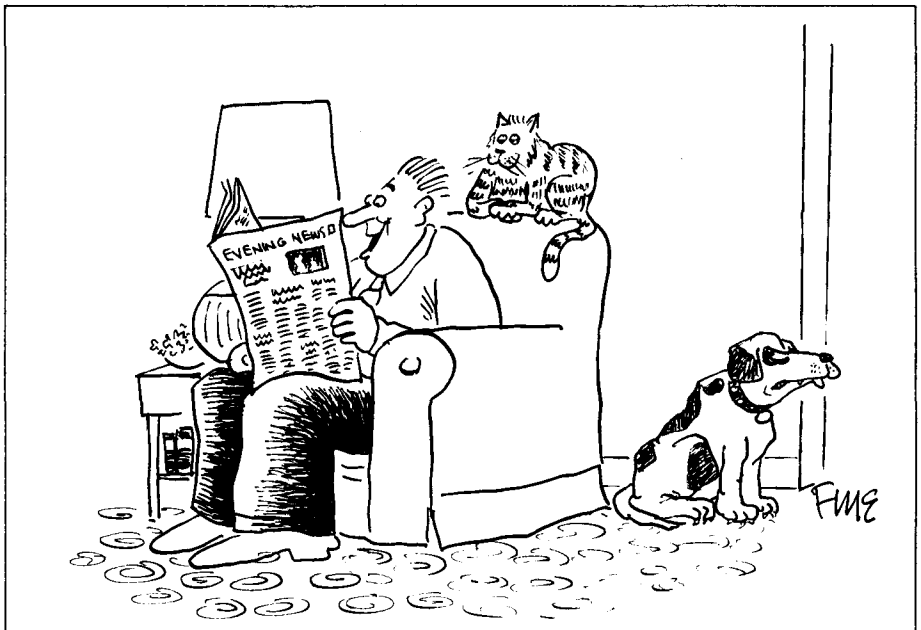
Sweat It, You'll Get It

Genius may conceive an idea, but labor delivers it.

—Ivern Ball

As Time Goes Buy

A young lady, recently graduated from college, had just started her well-paying job with a large corporation. Needing transportation, she went to the bank to arrange a loan to buy her first car. As the loan officer arranged all the papers for her to sign, she said, "You have been most helpful. How can I ever thank you?"



"... and then Garfield turns to his master and says...."

"Monthly," the banker replied. "Monthly."

—James Curnane

The Bare Facts

A husband had just stepped into the shower after an afternoon of yard work when his wife walked into the bathroom.

"Say, hon," he asked, "what do you suppose the neighbors would say if I cut the grass looking like this?"

She gave him a deadpan look. "They'd say I married you for your money," she quipped.

—Mrs. K. W. Kenney

Friends in High Places

In the old days, heaven protected the working girl. Now it also takes a union, a wage law, health insurance, a pension plan, unemployment compensation, Social Security, and the E.E.O.C.

—Sam Ewing

Feel the Burn

It's amazing so many Americans are out of shape. After all, most of us get enough exercise racking our brains, wrestling with problems, searching for solutions, jumping to conclusions, sorting things out, bucking the system, skating on thin ice, breaking promises, bending the rules, climbing the company ladder, rocking the boat, flying off the handle, splitting hairs, stirring up trouble, running amuck, digging up dirt, twisting things around, pushing our luck, slinging mud, carrying things too far, spreading rumors, poking fun, throwing our weight around, dodging responsibility, shooting the breeze, passing the buck, beating around the bush, punching the clock, wiping the slate clean, painting the town, capturing moments, hitting the sack, and finally, sawing logs.

—Bert Lee Hudson

"We found this hastily written note next to the body. It says, 'Please help! My feet are killing me!'"

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NOT-SO-PLAIN JANE SEYMOUR

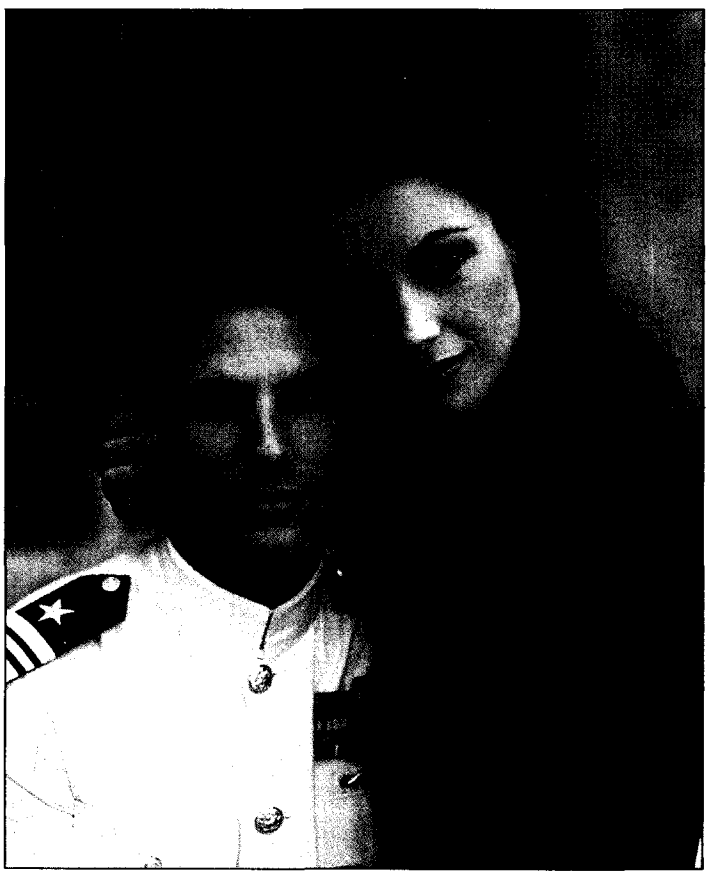
The Emmy-winning "queen of the miniseries" explains why her life is "way beyond any dream I ever had."

by Cork Millner

"Queen of the miniseries?" asks Jane Seymour, and she smiles tiny perfect rows of white. "Well, it's nice to be queen of something!"

Jane Seymour's claim to the mythical crown appears secure. In addition to ABC's *War and Remembrance,* concluding its 30 hours in May, Seymour's queenly bio for the past year includes the role of a flame-haired Victorian artist in CBS' *Jack the Ripper* and her portrayal of Maria Callas in ABC's *The Richest Man in the World.* For that role she won the Emmy for outstanding supporting actress in a miniseries special.

"I was quite astounded to hear about the nomination for Callas," the not-so-plain Jane Seymour says in her lilting English accent. "I thought I might be nominated for my part as the Duchess of Windsor in the series *The Woman He Loved.*"



In her latest screen incarnation, Jane Seymour plays Natalie Jastrow, the Jewish wife of Naval Lt. Comdr. Byron Henry (Hart Bochner).

Seymour, sitting high on her throne, her Emmy as her scepter, is a great defender of the miniseries. "I believe they are the art form of our time," she says. "They offer the chance to present to the vast public book adaptations that they would never otherwise know. I also think they encourage people to read and reread the classics."

Seymour scorns reminders that her huge successes on the tube outstrip the successes of her big-screen movies. "Most feature films today are for 17-year-olds, prizefighters, and vigilantes," she says in swift response. "The best roles are in television."

Yet she turned down the biggest role of her career in *War and Remembrance* four times. "I was not prepared to go away from my husband and newborn baby for filming nine months in Eastern Europe," she says. "Then I read the script—and cried through the whole night. I couldn't put it down. I was obsessed with it. Finally my husband turned to me while I was reading—the pages were soggy and wet—and said, 'As a family we'll have to figure some way to do this.' He's extraordinarily understanding. We survived that nine months of filming."

Yet the grueling months on location in Eastern Europe filming *War and Remembrance* were more than Seymour had counted on: "It was exhausting, horrendous, and depressing immersing yourself in those terrible times." Seymour sighs and smooths her blue-and-white polka-dot skirt across her knees—the *same* skirt she wore while filming the concentration-camp scenes. (Like all the clothes Seymour wears in her films, the skirt is now part of her prized costume collection.) Hanging over the skirt is a baggy white knit sweater—"my husband's"—that drapes her shoulders. Scuffed ballet slippers complete her interview "costume."

Seymour is sitting at a redwood picnic table on the patio of the Santa Barbara, California, home she shares with her husband, David Flynn. (Flynn is a financial consultant for top show-biz personalities, including Goldie Hawn and Warren Beatty.) She is momentarily lost remembering the arduous months of filming at Auschwitz, the infamous Nazi extermination camp.

She finally says, quietly, "I am very proud to be in *War and Remembrance.* It was more than an acting piece; it was a crusade."

In ABC's lavish adaptation of Herman Wouk's novel, Seymour portrays Natalie Jastrow (originally played by Ali MacGraw in *Winds of War*), an American of Jewish heritage who finds herself a victim of Hitler's persecution. In the last episode of *War and Remembrance,* aired in November 1988, Natalie and her uncle, played by Sir John Gielgud, found themselves interned in a ghetto, an interim stop en route to Auschwitz.

"Even now I can't watch the scenes we shot in Auschwitz without trembling," Seymour says, wiping a bead of perspiration from her brow. "During the filming we would lose all comprehension of being human beings. There was a presence in that place of something horrendous having

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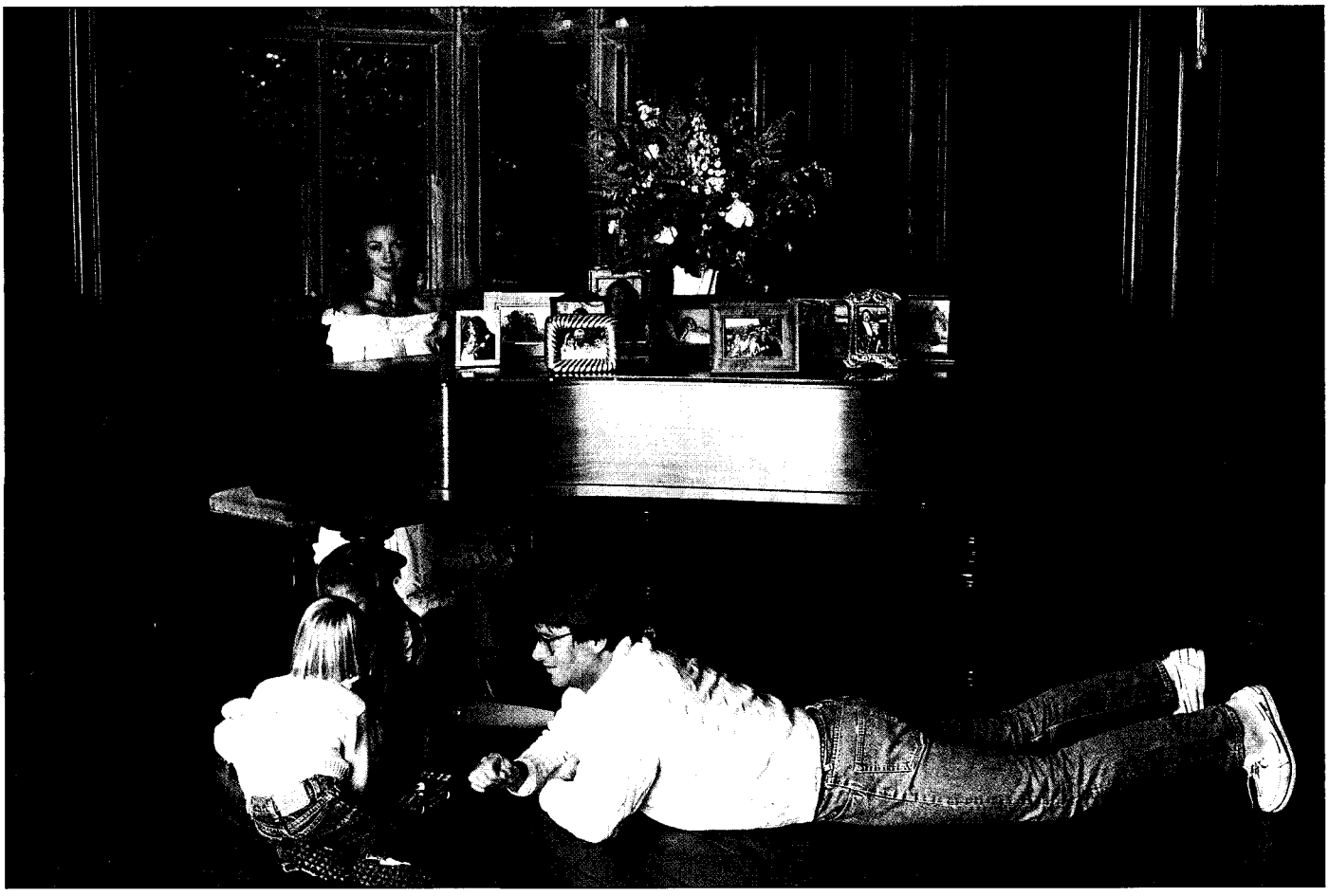

Peter Kredenser

Jane's favorite role is being a mother to Sean and Katie and a wife to her husband, David Flynn.

happened." She shakes her head sadly. "I swear you could even smell the dead flesh.

"Many of the extras in the film were real survivors of the death camp," Seymour continues. "Some of them still had the identifying tatoos. Most of them were Eastern-bloc Jews who had never been in a movie, and we made everything so real they believed they were back in camp. In one scene a woman next to me, who had been interned in Auschwitz at age 26 and survived, had tears rolling down her face. As we were filming, she looked around and whispered, 'This is *real*.' "

Seymour says she has memories of stumbling half-naked through scenes in sub-zero weather. In one instance, she was hosed down with water and left covering her breasts in a room filled with naked, shaven-headed extras. "You're so demeaned, you feel like cattle," she recalls.

She shivers slightly as she remembers the reality of the scene: "The women's heads were really shaved. In the shower scenes everyone was stark naked—even Sir John Gielgud. Then the gas chamber. . . . I know that Sir John and I, and the people we worked with on the film, put everything into it. I . . . I am very proud of the work I did."

She pauses, then adds, "My mother spent four years in a Japanese concentration camp in Java in World War II."

Seymour's parents—her father a London surgeon, and her mother a Dutch concentration-camp survivor—named their daughter Joyce Penelope Wilhelmina Frankenberg. Joyce, early in her career, changed her name to that of Henry VIII's third wife; now, even her family calls her Jane. Her parents noted that as a child she was different from her sisters, Sally and Anne. "If Jane wanted to do something, she didn't ask, she didn't cry, she just did it," the actress' mother recalls.

What Jane wanted more than anything was to be a ballet dancer, even though she knew her body was built "totally wrong" for ballet. She is only 5 '4", but she consoles herself: "I have a long neck and carry myself well from dancing, so I think I look taller.

"I was told early on that I was not built for classical ballet," she says, "but I was such a high achiever, I made my body do more than it could tolerate." At age 17, while dancing professionally in Covent Garden with the Kirov Ballet, she suffered a knee injury that ended the dancing career.

"As a dancer, I was never technically very brilliant," Seymour says. "All the reviewers said everything happens 'up top.' They would say, 'A fine dancer, *and* a very sensitive *actress*.' Since I couldn't be a dancer, I decided to become an actress."

Seymour began to perfect her acting craft. In Britain she took to playing every kind of role she could: a striptease artist in *Not Now, Darling*; Winston Churchill's first love in the film *Young Winston*; and even the classic roles of Ophelia in *Hamlet* and Nora in Ibsen's *A Doll's House*. Her big movie break was as Solitaire, the sex symbol in the James Bond movie *Live and Let Die*.

Then it was off to America, where she would soon rule as queen of the

continued on page 108

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JUSTICE IN MILWAUKEE

What happens when the "gift of life" yields a sentence of death? With the help of a determined attorney, one courageous AIDS victim took the system to task and won.

by Holly G. Miller

When John and Sandy Carroll announced plans to sell their suburban Milwaukee insurance agency in the fall of 1986, the decision seemed to be based on John's new burst of good health. Just over one year earlier he had endured heart-bypass surgery, an intricate operation that had required nearly five hours to complete. A postop bleeding problem had developed; cryoprecipitate, a blood product containing concentrated clotting factors, had been prescribed; and John was on the mend. He went home six days later, stopping en route to say hello to his office staff. Within two weeks he was driving, and by July he was putting in his usual 40-hour week. If you ask him today to describe his recovery period, he waves it off in simple terms: "Uneventful and complete," he says.

So why the decision to retire? Did he merely want to spend more time with Sandy, his wife of 40 years, and their hobbies of swimming, hiking, bicycling, and fishing? In reality, 10 months after dismissal from St. Joseph's Hospital, John had learned he had no choice. The April bypass surgery had been a success, all right, but the patient was going to die because of events that occurred during his "uneventful and complete" recovery. One of the donors whose blood product John had received while still recovering from his surgery had tested positive for AIDS. Now John had the deadly disease.

"I was sitting at my desk in my office on February 10, when I got a phone call from one of the doctors I had seen in the hospital," John recalls. "He told me that he had some bad news for me. He asked me if I remembered receiving

Peter Michael

The Saturday Evening Post*'s contributing editor Holly Miller interviewed the Carrolls on February 14, Valentine's Day (note Sandy's bright red blouse). The couple has been married 40 years.*

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Peter Michael

"From this case we've gotten the attention of the blood-banking industry in a way that nobody has gotten it before. Blood banks now feel vulnerable because a jury in the conservative Midwest has told them they were wrong. They threw the best and the brightest against us in the defense; they tried to whitewash what they did as being something 'everybody did'; and they were told they were wrong."—Attorney Robert L. Habush

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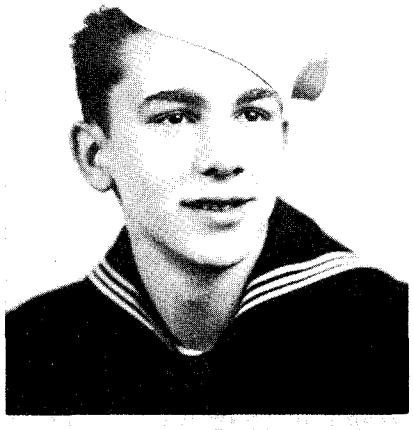


John, only 17 when he joined the Navy during World War II, couldn't be lured away from Wisconsin's lakes and woods. After his tour of duty he settled in Brookfield, near Milwaukee.

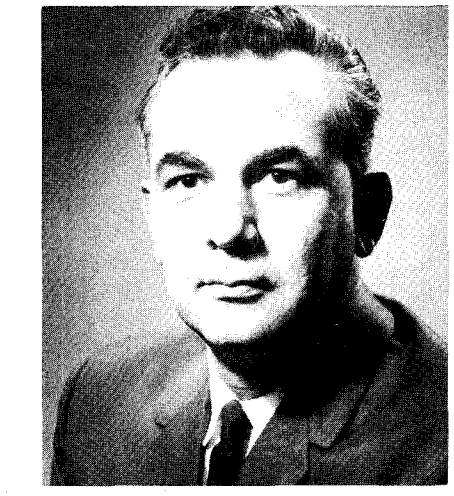
Unlike many people in early 1985, John, a self-described "news addict," was fully aware that the AIDS virus could be transmitted via a transfusion of tainted blood. He asked the nurse if she could guarantee that the blood product had been properly screened. When she couldn't give her assurance, he refused the transfusion.

"The next afternoon another nurse came in with the same equipment and I asked her the same question," John recalls. "She said that the blood had been tested for the AIDS virus and that it was all right. I said, 'Fine, go ahead.' They did; two little bags."

Later he learned that on March 7, 1985, the Blood Center of Southeastern Wisconsin had routinely begun testing blood for the virus that causes AIDS. However, the untested cryoprecipitate that he had received in April had already been on the shelf, and this "old" inventory had not been labeled, recalled, or checked; neither had it been exchanged for its tested equivalent. It had been discovered to be unclean merely by chance. The same donor had tried to give blood again; this time he had been tested and had been found to be a carrier of the dreaded antibody. A tracing program was initiated, and this "look back" effort indicated two persons had received the donor's contaminated blood. John Carroll was one of them.

"At that point we didn't know if the virus was in my system or not, but when I went to a laboratory to be tested, the report came back positive on two tests," John says.

John had researched AIDS ever since the doctor's phone call had alerted him to the possibility of his having the disease. He was well aware of the debilitating course of the virus. He had seen pictures and had



John knew the attorney he wanted to hire—Bob Habush—but he wasn't ready to "go public" with his plight. In his first call to Habush he identified himself as "John Carpenter."

cryoprecipitate to stop some bleeding after my heart surgery in April. I told him that, yes, I remembered. 'It was a blood product given by ten donors,' the doctor explained to me, 'and now we find that one of the donors has AIDS.' He said that this didn't mean that I had it, but he strongly recommended that I be tested for the virus."

When Sandy walked into his office John couldn't talk. She prodded him for information, fearing something had happened to one of their two children. "Who was that doctor on the phone?" she kept asking him. When he was finally able to tell her the news, she cried uncontrollably.

"What I knew about AIDS was that there was no cure, and that you die from it," Sandy says. "From then on I cried every day, every night. It was a horror. I thought about it constantly; every time I woke up at night it was the only thing on my mind."

The irony was that John had quizzed a hospital nurse who had attempted to curb his anemia with blood products three days after surgery.

Peter Michael

A local businessman for more than 30 years, John has always been active in his church and community. Soon he hopes to write a book that will focus not on his misfortune, but on the faith that has bolstered him and his family during their period of misfortune. He also plans to share his financial settlement with "the sick, the elderly, poor, and victims of disaster."

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read accounts of the victims' pain, their inability to work, and the costliness of treatment. He made two decisions.

First, he realized that he had to sell his insurance business while he was still able to attract a good buyer. If he attempted to manage the agency as his health deteriorated he might lose clients, and the value of the business would diminish. He wanted to be well enough to work with the new owners to make a smooth transition. Although at age 61 he didn't feel ready to retire, he had no choice.

The second decision he made was to seek legal counsel. He had so many questions he wanted to ask. Clearly someone had been at fault, but who? If a blood-screening test had been available and if a supply of tested blood had been in stock, why had he been given a contaminated product? And was it possible that what had happened to him could happen to someone else? As much as he wanted answers to his questions, he hesitated to relinquish his anonymity and contact an attorney. His AIDS research also had uncovered horror stories of victims being tormented by hate calls and threats.

"For many months he was known as 'John Carpenter' in our office," says Robert Habush, a partner in the Milwaukee-based firm of Habush, Habush & Davis. The Carrolls had settled on Habush because of the attorney's reputation for handling tough cases. Still, Habush, who admits to "taking on cases that I sometimes shouldn't" and calls himself a "softy" for championing impossible causes, wanted to do some homework before accepting the couple as clients.

"Before we accept a case in the medical area where we know we're going to be taking on hospitals, doctors, and possibly institutions such as blood centers, we want to make sure we've got the facts," Habush explains. "We always like to believe the people who talk to us, but we must get records to verify that the person was in the hospital and that he did get the blood product. We check all the documentation. We also wanted to do legal research to see how successful cases against blood centers have been, because practically every state has given blood centers almost immunity from lawsuits. These laws are called blood shield statutes, and they say that the delivery of blood is not a product but is a service."

Translated, this means that product liability law, which holds a supplier accountable for his product, doesn't apply to blood. If blood delivery is considered a service, any lawsuit involving the blood-banking industry becomes similar to a malpractice case. To be successful, the attorney has to prove the blood center was negligent because it didn't test blood used to make the products and because it sent out blood products that hadn't been

The Carrolls aren't exaggerating when they describe themselves as an athletic duo. Their typical workout: five to ten miles a day riding their bikes, or up to 80 lengths of swimming in their apartment complex's pool. In winter they work out with weights, treadmill, and stationary bike.

Even John's favorite hobby of fishing in the waters of Vilas County has been curbed by the AIDS virus. Being pricked by dorsal fins never bothered him before, but now a prick leads to persistent skin infections.

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tested for the AIDS virus when it had tested products in inventory.

"Malpractice suits are tough," Habush says. "You have to bring in experts who give evidence of the standard of care. It's always hard to get doctors to testify against each other. Accordingly, it's even more difficult to get blood banks to testify against blood banks because there are less of them. They're a tight little fraternity, and they run around scratching each other's backs."

In spite of the obstacles, Habush decided to take the case. He made no promises to the Carrolls but told them honestly what they were up against. Not only were they facing a Goliath as an adversary —the blood-banking industry— but John's outwardly healthy condition seemed to belie their position that he was probably going to die because of a blood bank's error in judgment.

"We were faced with a curious problem as a law firm," Habush says. "We knew John tested positive for the antibody, but we didn't know whether or not we could go to trial with just that. We wondered if, until we had a diagnosis of AIDS, we could present a damage case. There was no precedent, no cases on this; we were in a frontier. John wasn't diagnosed as at the AIDS stage until fall of 1987.

"Then we were confronted with a second question. The law has always recognized what we call 'wrongful death cases' when people die as a result of negligence. But there are precious few cases in this country where people are alive at the time of the trial but are terminal, or probably terminal, because of negligence. This, again, was almost unprecedented. We wondered whether we were right in pushing ahead for an early trial date."

The decision to proceed was made by John, who wanted to be physically well enough to witness the trial. He was beginning to experience some health problems, which made him aware of his vulnerability. "Things started to happen to me—rashes and skin infections

Just before John's 62nd birthday, the Carrolls sold their agency. "People said he was very lucky to be retiring at such an early age," Sandy recalls. "I thought, Oh, if you only knew!"

Steve Carroll had no reason to suspect his dad's illness at the time this picture was snapped in July 1986. John's weight was back to 190, and he was putting in a full work week at the office. Saturdays were often spent here at Trout Lake.

John decided not to tell his daughter Denise and son Steve about the AIDS diagnosis until shortly before the trial. They never guessed that something was wrong. "I was too busy to cry," John says.

that I had never had before," he says. "I got a shingles condition on the left side of my forehead; the virus went into my eye, and I lost half the sight in that eye as a result. I developed skin rashes on my back, my arms, my neck, and my groin." Gently, Habush suggested that John should tell his story on videotape in case he couldn't make an appearance in court.

The case took a year and a half to prepare. Habush crisscrossed the country to recruit expert witnesses. A major breakthrough occurred when Dr. Edgar Engleman, the head of the Stanford Blood Center, agreed to testify on John's behalf. Adding the esteemed West Coast physician to the team was a major coup for Habush, because Engleman had been treated badly during a previous court appearance and he wasn't eager to repeat the experience.

"I implored him to help us," Habush says. "For him to throw himself into the fray again, to get vilified and castigated by other blood bankers for speaking out against them, took a lot of courage. But he agreed to help us, and once I had Dr. Engleman on our side, I was home. I picked up an immunologist [Ronald Kerman] and an epidemiologist [James Mosley], and with the three of them I felt I could walk through fire. We were ready to go."

For John Carroll, the trial date came none too soon. "I was beginning to slide, and I knew it," he says. "I began to lose weight. I was on medication around the clock until the dosage became too toxic. I lost strength and felt exhausted. Sandy and I would go for a walk and she would get way ahead of me. I just couldn't do what I had done before. In the summer of '88, Sandy became stronger than I. It sort of hurt my ego. In the fall I began developing a fever every afternoon. Both of my lungs were inflamed, and I was hospitalized with pneumonia."

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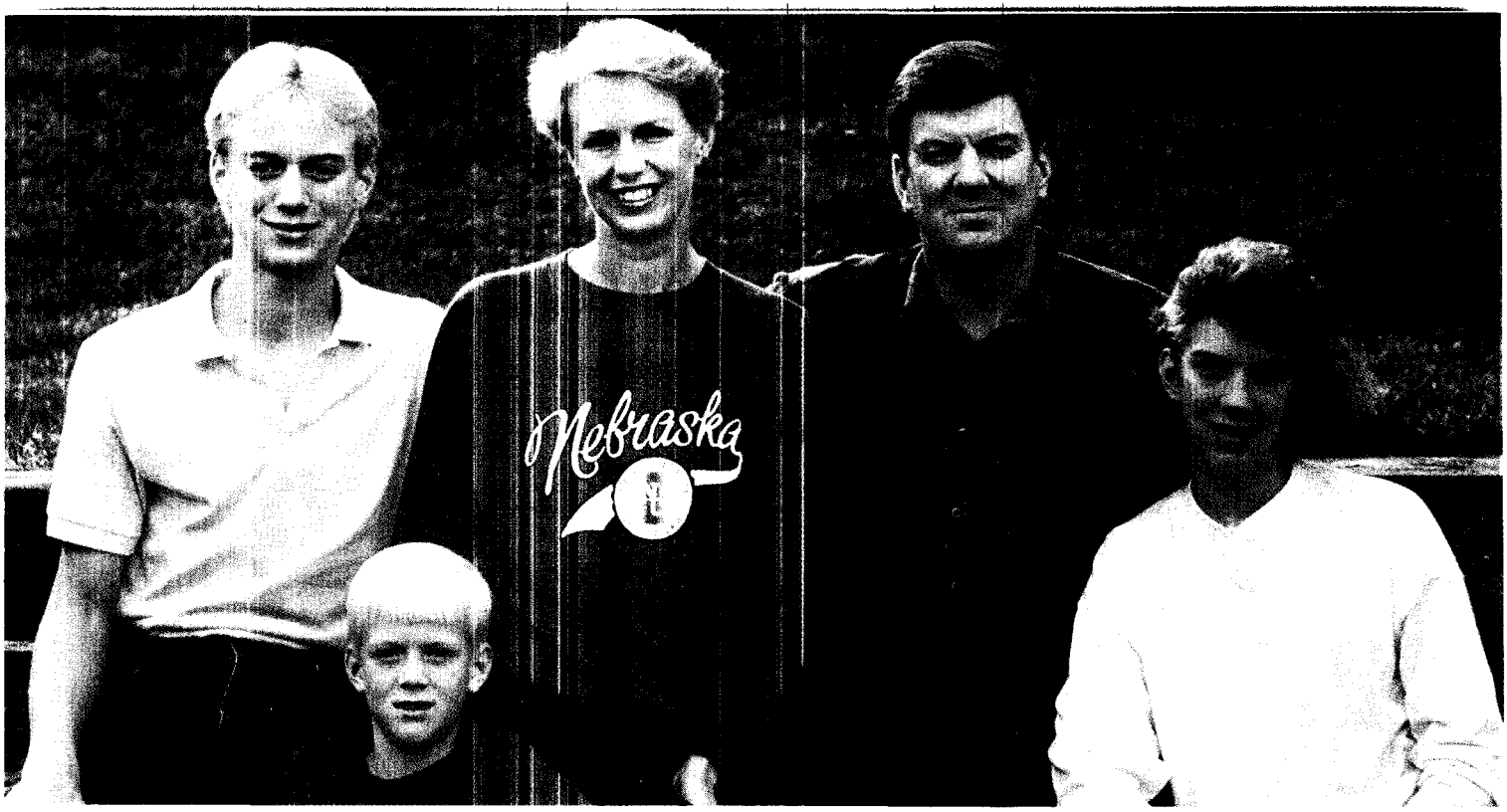

"A cancer hospital where I'm treated like family."

"We talked it over as a family, and decided together that I would go to American International Hospital in Zion, Illinois for my cancer treatment," says Nancy Cockle, a 38-year-old registered nurse from Lincoln, Nebraska.

At AIH we found an organization committed to providing the latest in cancer therapies, such as whole body hyperthermia, fractionated dose chemotherapy, a nutritional support program and other options not available elsewhere.

We also found psychological and spiritual support mechanisms which I could draw from during my brief periods away from home.

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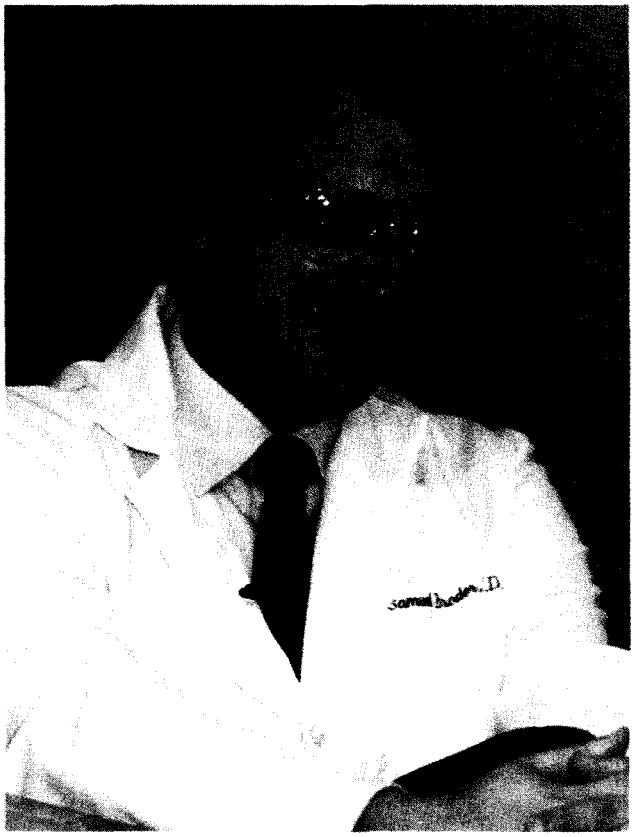
CANCER PREVENTION STRATEGY AT THE NCI

A tough, no-nonsense, prevention-minded workaholic at the helm of the NCI teaches the cancer-causing dangers of cigarettes with a vengeance.

by Cory SerVaas, M.D.

Dr. Sam Broder has a well-earned reputation for being brusque, brilliant, and all business. The new director of the National Cancer Institute comes by his toughness naturally. Born in 1945, he survived the waning days of World War II by hiding with his parents and his sister in the rural countryside near his native Lodz, Poland. Part of his first four years was spent in a displaced persons camp before the family immigrated to the United States and a working-class neighborhood in Detroit. Always an outstanding student, Broder attended the University of Michigan on scholarship and graduated cum laude from its medical school.

Since joining the National Cancer Institute 17 years ago, Broder has served in a variety of posts. He is best known for his recent work in introducing the drug AZT for treating AIDS. He was named by President Reagan to oversee the NCI and its budget of $1.5 billion in December 1988.



Peter Michael

Broder speaks in good-news, bad-news terms. Strides in research and prevention are his good news. But he cautions, "We don't have a cure for all cancers . . . and for some we don't have effective treatment of any kind."

In this, the first of a two-part series, he explains to the *SatEvePost* his priorities as leader of the largest arm of the National Institutes of Health.

Dr. SerVaas: Dr. Broder, we were happy to read about your emphasis on prevention at the NCI. What are the prevention goals you've set for the Institute?

Dr. Broder: In a certain context prevention is the most important priority of the Cancer Institute. There are a number of things that we will try. One of them relates to smoking prevention. I think not many people in this country know that lung cancer, which is one of the many diseases caused by smoking, was an exceptionally rare disease at the turn of the century.

For example, as a vignette that I might share with you, in 1919 an entire class of medical students at Barnes Hospital [St. Louis] was summoned to the autopsy room to see a postmortem examination on a man who had died of lung cancer. They were summoned because their professors felt they would not see another case in their lifetime.

So lung cancer was a rather rare disease in this country at one time, and I think it's possible for it to become a rare disease again.

The principle of smoking prevention and the importance of ensuring that all groups in society understand the risks of smoking is really going to be an important feature in what we try to do. We have to make sure that adolescents understand the consequences. We have to make sure that women understand the issues, because smoking and lung cancer, in my opinion, are women's health issues. We project that more women will die of lung-cancer-related deaths than of breast cancer this year. These are important issues, and we need to address them, and we need to take appropriate steps, which we are doing.

Dr. S: Specifically, what's your antismoking agenda?

Dr. B: We're going to enhance a number of education and outreach activities. We're going to try to make sure that our office of cancer communication provides relevant information for patients to make choices. We're going to develop projects that test the effectiveness of various smoking-prevention strategies in individuals. The National Cancer Advisory Board, which is an advisory board to us, recently issued a set of very strong recommendations that it wants to pursue for smoking prevention. That's one component of our prevention strategy.

There are other components, however. I think that we need to talk about diet as a consideration. We know that certain dietary components may play a role in certain cancers.

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Various immigration studies show that sometimes individuals will move from a region with a low risk of certain types of cancer, and when they [begin eating] a diet common in our society, they begin to acquire the cancers that we get. Colon cancer is a good example. I think we have to be careful in terms of fat content in the diet and in terms of overall calorie intake. People should try to maintain their appropriate weight, and so on. These are issues that we'll try to work on. In addition, we want to develop a basic research program in nutrition and cancer prevention to a greater extent than we already have.

We want deliberately and specifically to do investigator-initiated research on the various micronutrients, such as vitamin C and selenium and beta carotene and so on. These are important issues. We have clinical trials to test the addition of certain micronutrients to the diet.

Dr. S: Do you have micronutrient research going on now?

Dr. B: Yes, beta carotene, for example, is an interesting one. And we would hope that eventually we'll have enough data to not only suggest what people should try to avoid, but what they should try to take. I think that that is a very productive thing. We've learned in the last few years about a number of nutrients that may have certain protective values. For example, very recently we learned that certain vegetables in the allium family, of which garlic and onions and shallots are representatives, may have a role in protecting against stomach cancer. Now these are research projects, but we hope that as we enhance our knowledge we'll be able to come up with more specific recommendations.

We will continue to emphasize certain types of early-detection technologies. Mammography, for example, we think is extremely important, and we would encourage women over the age of 50 to avail themselves of mammography and consultation with their physicians.

Dr. S: What about women over 40? I believe that Dr. Myron Moskowitz of the University of Cincinnati recommends that all women over 40 should be mammogramed yearly.

Dr. B: I think these are points that can be discussed. NCI recommends that beginning at age 40, a mammogram should be encouraged every one to two years until the age of 50, after which it should become annual. Today many women who might benefit from mammography never get it.

I do fear there are so many times we make "the perfect the enemy of the good," and we end up with discussions about whether something is absolutely perfect or absolutely certain when we're way off the mark. Even in areas where there's a lot of consensus, we want to do the right thing; we want to be good but still shooting for perfection. I think that perfection can be a source of paralysis for all of us. I'm paraphrasing Winston Churchill, of course, but I think that those are realistic goals.

CHIMERA

Reporters are warned to understand the Greek word "chimera" before interviewing Dr. Sam Broder. He uses this word, meaning a monster with different animal parts, to explain the linkage of molecules for cancer therapy. Genetically engineered antibodies are linked to toxins or to radioactive substances. As Dr. Broder explained: "You have a molecule that essentially is genetically engineered and has stitched together two disparate kinds of activities so we have chimeric molecules.... You take something from a mouse and you may link it to a human backbone and we have chimeric molecules."

Peter Michael

Dr. Broder, for whom learning comes easy, pointed out that the American educational system does not teach students words of Greek origin. He is surprised when reporters who interview him don't know what chimera means.

Early diagnosis is important. We're trying to learn more sophisticated techniques and conduct experimental tests for early diagnosis. We hope eventually to test whether the urine can help us detect bladder cancer with more effectiveness. And as we learn these experimental techniques, we have to remember certain very straightforward but exceedingly effective techniques, such as the Pap smear, which I think is extremely important to help us manage cervical cancer. Now as a practical matter, cervical cancer—I'm going back and forth between high technology and low technology—causes many entirely preventable deaths, and we need to make sure that we use all of the apparatuses that we have available to make people act.

The Cancer Institute is a scholarly institution. It is a knowledge-disseminating institution, and I think many times we have discussions that don't take that into account. We are not a regulatory agency. That is not our job, has never been our job, and shouldn't be our job. Our job is to generate knowledge and encourage people to avail themselves of our knowledge.

We will continue early diagnostic activities, and then we will continue new research and treatments which I think will be focused, for example, on adjuvant treatments for breast cancer and colon cancer. I think we will see in the next few years exciting results. Now the principle of adjuvant treatment means that you intervene with therapy right after surgery or about the same time as surgery, and the goal is to try to treat tumors at a time when they are microscopic and not detectable any other way. And we feel that, instead of waiting for a woman to have a recurrence of breast cancer and then trying to treat it, there will be opportunities for treating women when they have their initial tumors removed.

The same thing applies to colon cancer. There are some subsets of individuals who have operations for colon cancer who are at high risk, even up to 50 percent risk, of having a recurrence. And in those individuals we would hope that we can develop knowledge. I feel confident in predicting to you that we will have knowledge

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The Tragedy of Teenage Smoking

When Sylvia Emerson was 17, she lit her first cigarette and promptly became sick. But she was determined—smoking was a sure sign of sophistication in the late '50s—and before long the pretty blonde cheerleader could count herself among the "in crowd" at Brockport High School, in Brockport, Illinois.

"Almost everyone smoked at the time," recalls Sylvia, now an administrative secretary at Indiana National Bank in Indianapolis. "I guess I thought it would make me feel more important. I got used to it. Then I got addicted and couldn't stop."

No one talked about the risks then, or about how this sign of sophistication could become a habit, and how the habit could become an addiction. Like so many people her age, Sylvia was hooked on tobacco by the time she realized its dangers. She averaged three packs of cigarettes a day, and frightening symptoms couldn't persuade her to quit. Even a diagnosis of a spot on her lung in December 1984 didn't deter her. She smoked the night before she entered the hospital. The spot proved to be cancer.

"I can't begin to tell you how sick I was," she says. "For three months I could do nothing for myself. It was devastating. I never smoked a cigarette after that."

Today, she considers herself to be one of the lucky ones. Four years after the surgery to remove her malignancy, she says there has been no recurrence: "I have chosen to believe I'm fine, that the doctors got it all. My attitude is that there is nothing wrong with me."

She refuses to dwell on her health and doesn't indulge in "what if" games —what if she had never smoked; what if she had kicked the habit a few years earlier. Still, she is bothered by teenagers who refuse to heed the warnings that she never received in her youth.

"I always try to talk them into stopping. I tell them if they don't smoke, they shouldn't start. If they do smoke, they should quit. People think it won't happen to them. But it does. I use myself as an example."

Sylvia Emerson has a cheerful, upbeat attitude. To please her friends, she smoked at age 17. Now, after painful lung-cancer surgery, Sylvia writes to legislators: "I believe a law should be passed whereby merchants would have to be licensed to sell cigarettes and there would be a large fine for those caught selling cigarettes to anyone under 21 years of age."

Sylvia, a popular cheerleader, was offered her first cigarette by an older girl on the cheerleading squad.

Linda Hodge Johnson (right) died from lung cancer at 34, leaving a tiny daughter. Sylvia appeared with Linda, her best friend, in their school yearbook. Ironically, Linda began smoking at 15 to emulate Sylvia.

Sylvia says, "I got choked trying to smoke—it was awful. The girls laughed, and I kept trying until I mastered the habit."

Sylvia recalls that when she was editor of her school paper, she "had no problem purchasing cigarettes in drugstores, restaurants, grocery stores, or any other place as a minor."

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that will allow us to intervene in certain categories of colon cancer and begin therapy to stop recurrences and delay recurrences and possibly increase our ability to cure, in the true sense of that word, many, many more people.

So those are our activities, and I'm giving you a broad waterfront approach. Having given you all those priorities, the single most important priority will still remain basic research: the funding of investigator-initiated research always has been and always will be a major priority of the Cancer Institute. I saved that for last, but I think that it was primarily because we're so used to it that sometimes it goes without saying. But I think that the fundamental aspect of all of our efforts is to support the creative intellect of men and women working on their own projects. We do that by funding grants at multiple institutions throughout the country. But we can't allow our commitment to basic research, strong as it is, deter us from applying certain things in a very targeted and specific way.

We feel that smoking is a women's issue. A very specific women's issue. Just like breast cancer is a women's issue. There are health-related issues to smoking, and that's why I stress the point that in this year we expect more women to die from lung cancer than from breast cancer. So it's a health issue for women, and when people say, "Well, when we talk to women's magazines, they're afraid to do an article on this because they're afraid advertising will be pulled," somebody has to know about that.

Dr. S: We've crusaded against smoking so long in the *Post* that only 6 percent of *Post* readers who answered our survey still smoke.

Dr. B: In that case you should sleep real easy at night.

Dr. S: What about "Pap smears" of the lung? There's Dr. Geno Saccamono in Grand Junction, Colorado, working with uranium miners and heavy smokers. He is discovering early lung cancer with Pap smear-like staining of cells.

Dr. B: This is an important area of research. We're also developing our own research in which we try to develop monoclonal antibodies that can pick up certain types of tumor markers that are present only when a tumor cell is present. And that one can take a special sputum sample or biopsy and stain the monoclonal antibody and potentially identify individuals who have a very incipient form of lung cancer before it's visible on X-ray. So we are doing research on that. It's still experimental. There is also research on what genetic alterations occur in a cell after somebody has smoked. We're trying to learn what causes lung cancer in general.

Dr. S: What about radon?

Dr. B: Radon is certainly a risk factor for lung cancer.

Dr. S: Do you have your home tested for radon?

Dr. B: Sure. But what's interesting about smoking is that in situations where another thing is very important —for example asbestos or radon—introduce smoking and you make things even worse.

So getting back to the issue about the so-called Pap smears of the lung, yes, that's part of our research activities in early diagnosis. I consider it research, but we hope that we will be able to develop a comparatively straightforward test, which will have to be more complicated than the Pap smear for cervical cancer, because that's a comparatively straightforward test. It is very suitable for any doctor's office. This Pap smear of the lung idea that you're developing is slightly more complicated.

Dr. S: How soon will such a test be available? This year or next year?

Dr. B: Well, in order to develop something, you have to validate the test, and so I don't want to give you "this year" or "next year."

Dr. S: Is there a genetic tendency in lung cancer, like low alpha-one antitrypsin in emphysema? Does it occur in certain families?

Dr. B: Well, let me respond to that. As a result of our basic research activities, we know a lot about what are called oncogenes. And we also know a lot about what are called suppressor genes, and we now know that certain

Teenage Theresa Rushton smokes a cigarette in front of a Virginia Slims advertisement. Is she oblivious to the tragedy in store for 41,000 U.S. women who will succumb to lung cancer this year? The National Junior Tennis League would surely jettison their financial supporter, Virginia Slims, if other sponsors would come forward with an annual six-figure amount to subsidize the tournaments.

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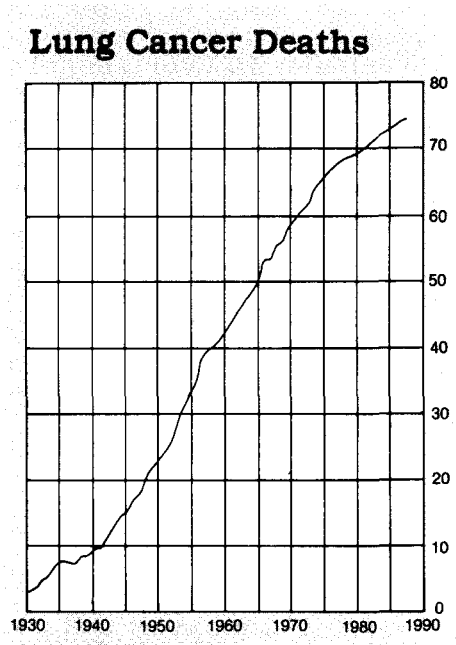
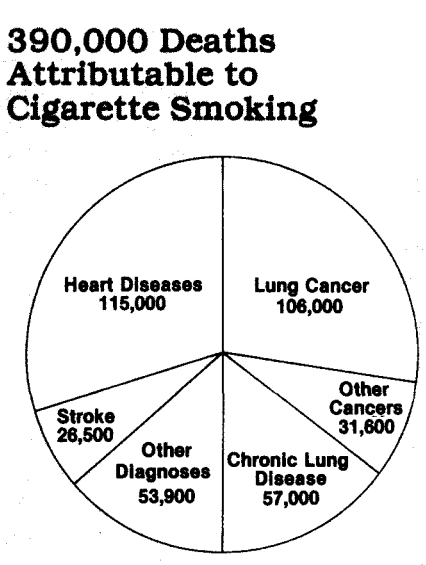
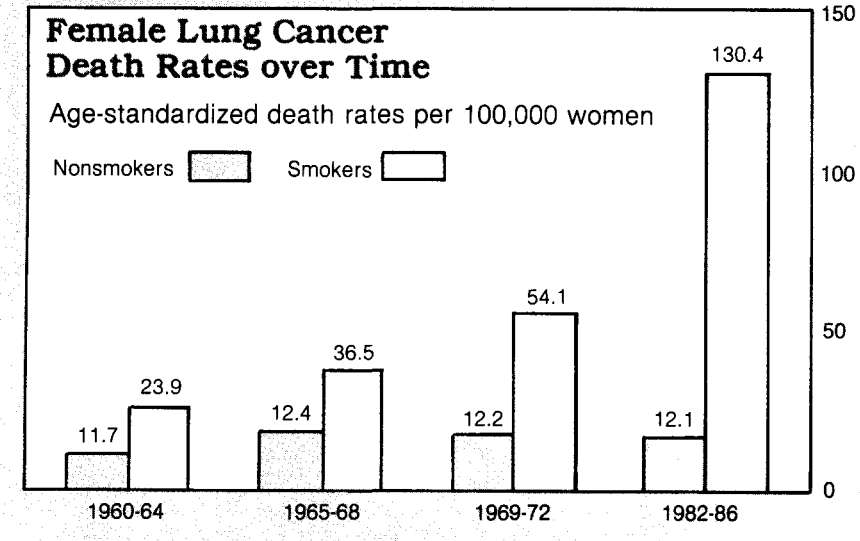


Although rates of some types of cancer—esophagus, prostate, colon, and rectum—have either flattened out or decreased since 1930, lung cancer continues to rise. Numbers on the right side of the graph indicate the death rate per 100,000 males.



Heart diseases and lung cancer top the list of killers in smoking-related deaths. Of the nearly 400,000 victims succumbing to cigarettes each year, more than half suffer heart or lung failures. Fifty-seven thousand die from emphysema and other chronic lung diseases caused by smoking.



It's little wonder that the NCI's Dr. Broder says smoking and lung cancer is a women's health issue. His institute projects more women will die of lung cancer than of breast cancer in 1989. Statistics shown in this graph track the alarming increase over the past two decades.
Source: American Cancer Society.

genes—oncogenes—may be excessively activated or mutated, and this leads directly to a malignancy. Suppressor genes are designed to prevent a malignancy from happening. By the same token, when they're deleted or mutated they may not put on the brakes and may not be able to do their job.

This gives us the idea that it's a multi-hit phenomenon. You may receive, for example, one hit. A genetic hit as it were, as part of your genetic constitution, but then certain other things—environmental factors, smoking, or other things—may come into play and give you a second or third hit, which then can lead to the lung cancer state. This is a working theory, but it's one in which there's a great deal of experimental data. We're hoping eventually to have ways to identify individuals who have already sustained damage to their oncogene system or to their suppressor-genes system. In those individuals, if we could identify them, we would ask for an intensive counseling about things like smoking, and perhaps a focus for special high-grade interventions—maybe bronchoscopies, where you're looking for early lesions every year or so, which is something you couldn't recommend to the general public at large.

But if you had a very specific population, you could say, O.K., we can't do this to the general population yet, but we can help this high-risk group. I'm talking about things that are not science fiction; I think that's something that is possible.

Dr. S: Are there other places doing what Geno Saccamono does with former uranium miners and heavy smokers?

Dr. B: He's not doing the genetic part of it, which still needs research.

Dr. S: That's done at the NCI.

Dr. B: Yes. We have a very strong program where we are looking at the molecular basis for lung cancer. There are a lot of facts that we don't know about lung cancer.

Dr. S: Like colon cancer, is lung cancer hereditary?

Dr. B: Many cancers have a hereditary component.

Dr. S: Lung cancer isn't quite the same as colon cancer?

Dr. B: [It's] a special case because lung cancer, in this country at least, has such an overwhelming smoking component. And as far as I know, I've never seen a baby born with a cigarette in its mouth, so the hereditary component for that is a lot more difficult to define. But I'm sure there is; I would be very surprised if there is not some hereditary component to many cancers, and I don't think you can rule out lung cancer.

Smoking is implicated in many forms of lung cancer. The old theory that smoking was only implicated in squamous-cell lung cancer is incorrect. For example, there is a kind of small-cell lung cancer which is becoming much more common that clearly is linked to smoking, and yet I think that it is true that there are some forms of lung cancer which seem to have a

continued on page 106

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WARM-UP EXERCISES FOR YOUNG AND OLD

Remove this warm-up centerfold and keep it as a handy aid for your next exercise session.

Illustrated by Don Trawin

We read of a man whose only exercise was jogging his memory. This finally led to his getting in such bad shape that when his friends began making unkind remarks about his overhanging belly, he sent away for weights to begin a bodybuilding program. When the weights arrived at the freight office and he drove down to get them, to his embarrassment he was unable to pick them up. It took a young kid passing by to throw them into the back of his pickup. He was heard to say that he really hated show-off kids like her.

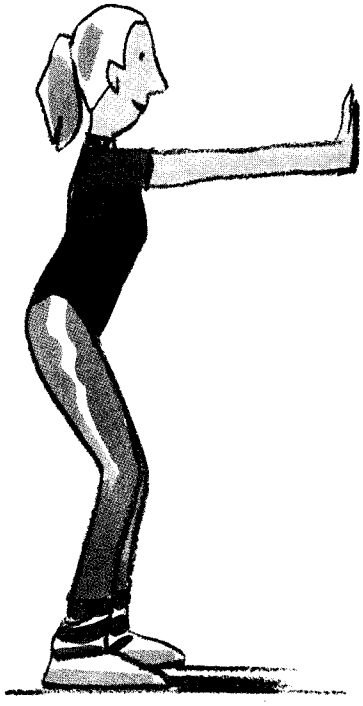
Perhaps this account is a tad farfetched, but whether you are a golden oldie or a smart little kid, it takes only a few simple exercises to build your muscles and improve your shape.

Why bother, you ask? Fitness and health can improve the way you look. Your body firms up, and the condition of your skin, hair, and so on improves. And a good level of fitness can lower your risk of having such illnesses as heart disease, arthritis, or cancer develop in later life.

Before doing any form of exercise, you need to warm up your body. This gets extra blood flowing to your muscles. They will need more oxygen when you begin exercising. Without it they may become damaged. You can warm up by stretching and relaxing your muscles and flexing your joints, especially the ones you are going to be calling upon for extra effort.

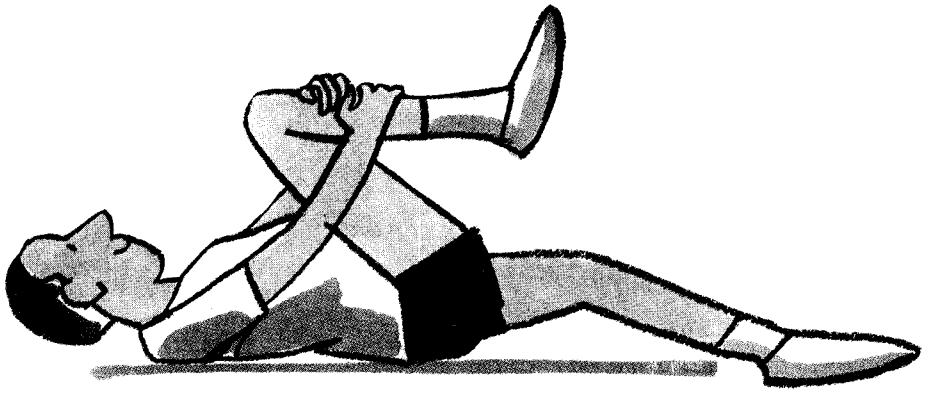
Repeat each exercise up to ten times to start. Add one repetition each week as your muscles adapt.

After exercising, allow your body to cool down gently. Do some bending and stretching. Relax so that your heart can get used to beating more slowly. You have more than 600 muscles in your body, but if you ignore the warm-up and cool-down rules, for the next day or two you'll think you have twice that many.



To stretch the backs of your legs, stand away from a wall with your hands flat against it. Then bend your arms, but not enough that your nose and the wall meet.

To stretch the sides of your calves, try the exercise again with your legs bent.



While lying on the floor, grab hold of your knee and bring it up to your chest. Keep the other leg straight out on the floor. Then give the other leg a chance to meet your chest.

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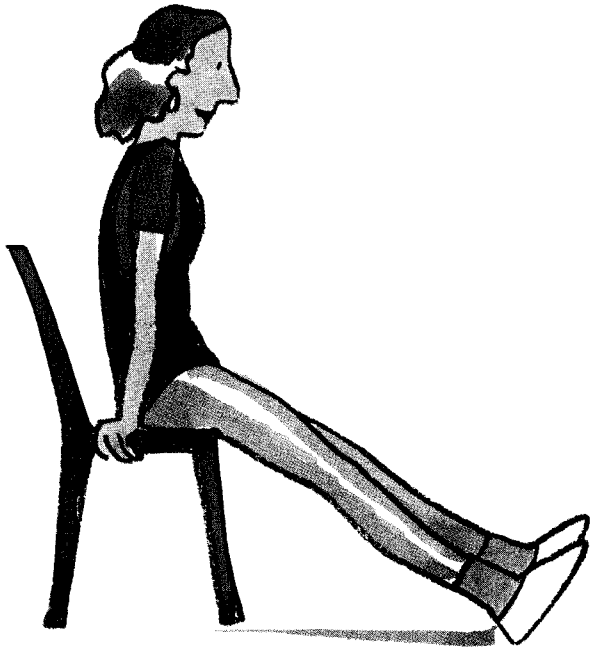
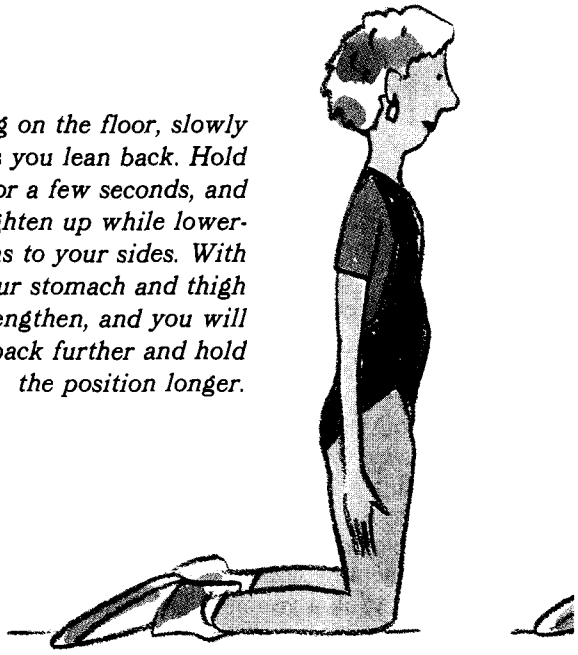
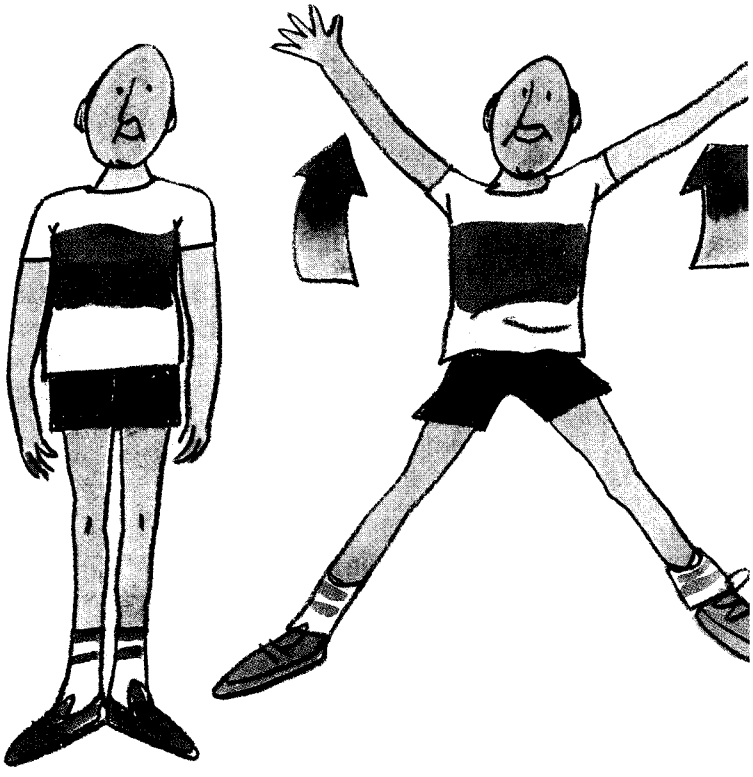


While kneeling on the floor, slowly raise your arms as you lean back. Hold this position for a few seconds, and then slowly straighten up while lowering your arms to your sides. With practice, your stomach and thigh muscles will strengthen, and you will be able to lean back further and hold the position longer.



Sit up in a chair with your legs stretched out. Holding the sides of the chair, draw your legs toward your chest, keeping your back straight. Lower your legs and repeat.



Stand with your feet together. Then make like you're trying to stop a herd of elephants. Bring your feet together again.

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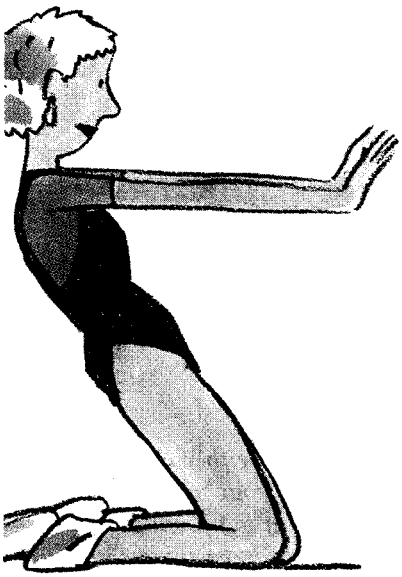
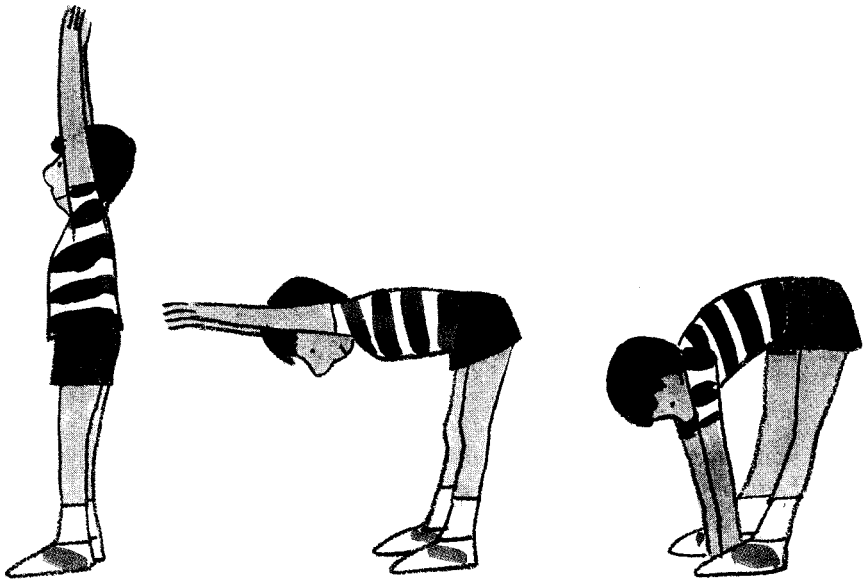
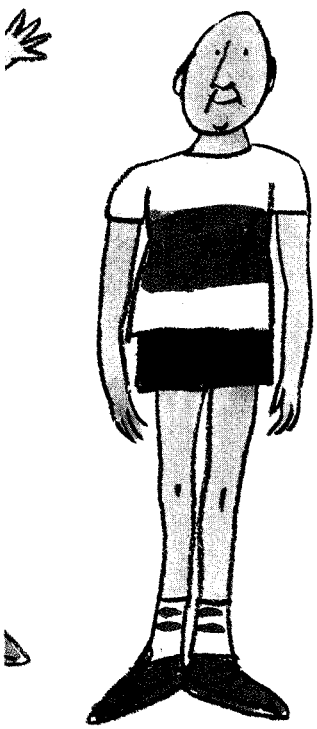
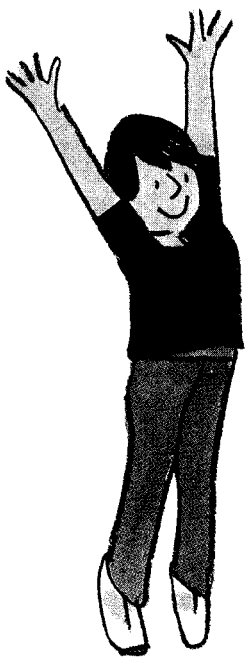




No, this is not a stickup. It's just a way to tuck in your tummy by first stretching up as high as you can reach and then bending down and trying to touch your toes while keeping your legs straight.



Grasp your ankle. Pull until heel touches buttocks. Repeat with other foot. Old-timers who have Charleston records will enjoy doing a variation: to the beat, alternate right and left legs quickly and tap ankle while circling.



Stretch your arms up as high as you can reach while standing on your tiptoes. Hold for a few counts to stretch out your body. Return to a relaxed position, then repeat the exercise.

Stand with your feet apart and circle your arms. And after doing that, slowly twist your trunk as far to the left as possible. Stretch, pulling your left arm back and your right arm around to the left. Snap back to starting position and place your hands on hips. Repeat to right side.

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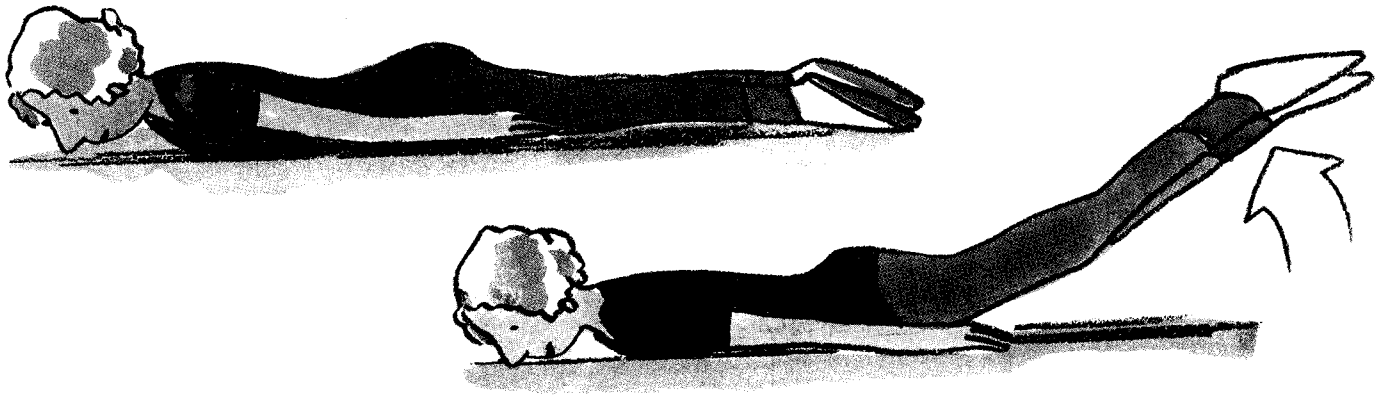
Lie on your stomach on the floor and raise your head, shoulders, and chest as high as possible. When you are stronger, bring your body off the floor, bearing its weight on your hands and toes. Lower your body and repeat.

Lying face down with your arms at your sides, point your toes and raise your legs, keeping them straight. After five seconds, slowly lower your legs. With regular practice, you will find yourself raising your legs higher and higher.



Lie on the floor, legs bent, arms at your sides. Then bring yourself to a sitting position and feel the old (or young) tummy muscles tighten.

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Many symptoms of aging are really symptoms of lack of exercise.

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THE DON'T-TRY-IT DIET

The evening meal becomes the evening mess when hubby opens his big mouth and takes over the cooking chore.

by Maynard Good Stoddard

Illustrated by Don Trawin

Nothing will put a man on a diet faster than getting caught in a rainstorm without an umbrella and staying dry below his waistline.

My weight problem can, of course, be laid at the oven door of the one who does the cooking. At the time I joined plights with my dear wife in the trough of holy wedlock, or however that goes, my physique would have made Apollo sick with envy. (Upon proofreading this, dear wife struck out the words "with envy," but luckily I caught her little prank in time.) Today, however, after umpty-two years of marriage (or is it umpty-three?—you know how time flies when you're having fun), the flat midriff of my once-macho torso has begun to assume the contour of a weak-staved water barrel.

Mr. Shakespeare, you'll remember, had Hamlet say to Horatio, "There's a divinity that shapes our ends." If divinity has shaped my ends, I reasoned with my conscience, there isn't a whole lot I can do about it, right? After losing that argument, I then pointed out that I happen to be one of the unfortunate gastronomic victims

Just because I used the foot tub to mix the stuff in, my dear wife wouldn't touch it.

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who seem to gain five pounds from eating three ounces of cashews. And even if I remember not to inhale when walking past a bakery, that aroma must seep through my pores and add another two pounds. Conscience replied, "Don't be silly—it's your dear wife's square meals that are making you round."

So the question became: Do I put my umpty-whatever years of marriage on the line by suggesting we finish our meals with a toothpick instead of a dessert, or would I begin having my trousers made by the tent-and-awning people? The situation came to a climax only this week, when I was faced with one of her butterscotch pies with a meringue reaching halfway to the ceiling.

"I'm—ah—starting on a diet," I bravely announced to one and all—one being all at the time. "That creation looks to have come from the angels' own ovens," I hastily added, as one and all looked down the full length of her nose with one of those looks that go clear to the bone. (I might add that my dear wife was already a tad testy. After her cat, Lump, got its white hair on my best suit, I had suggested that she have the little beast dyed navy blue.)

"So maybe you'd like to take over putting together three meals and four or five snacks a day, 7 days a week, 365 days a year for umpty-two years" (so it *is* umpty-two), she snapped.

"At least I'd lose a few pounds," I snapped back.

"It's all yours," she huffed, with a huff that lifted a section of the meringue and deposited it over the butter dish.

You talk about a drunken sailor trying to win an Olympic gold medal on the balance beam. My culinary experience to date had consisted mainly of opening a can of Campbell's pork and beans. And I usually had trouble doing that. If I felt really creative, I would doctor the beans with bacon and onions—Beans Hobo, I called it. The recipe served two—my faithful dog Brutus and me. And sometimes faithful dog would turn away with a whimper.

Nevertheless, now that I had stuck my big fat neck out, I wasn't going to stick it back in until I had thrown up something (a pretty good choice of words, as it turned out) that would give my dear wife something to shoot at. (And I'd rephrase that if I had time.)

While collecting my wits (not all of them, of course, on this short notice, but at least a quorum), I decided to launch my blubber attack by serving salads. When the female of the species wants to make a salad, the ingredients, of course, are right there at her fingertips. I couldn't even find lettuce, but I did come up with half a head of cabbage. How long it had been half a head I didn't want to speculate.

When I couldn't find the chopping thing—and I darned well wasn't going to give her the satisfaction of having to ask where she hid it—I took the cabbage to the shed and subjected it to the hedge trimmers. Because the bin where she keeps the carrots and radishes when she is making salad was empty, I added petite squares of butternut squash to the cabbage. In place of radishes I cleverly added maraschino cherries. As a final gourmet touch, I made raisins do for bacon bits sprinkled over the top. The dressing was my own creation of olive oil and honey.

Instead of serving six, the potpie served one: Brutus. Although I noticed he was eating grass the next day.

"Now here's a salad that will stick to your ribs," I said as I stuck it in front of my dear wife.

Needless to say, she was struck dumb by my ingenuity. But I didn't notice for a while. When I did I said, "Go ahead, dig in."

She replied—rather rudely, I thought, considering all the trouble I'd gone to—"A dog wouldn't eat it." And, by golly, she was right. She and Brutus shared a microwave pizza. I sat there until 9:30 getting the stuff down. The next morning I had gained two pounds.

O.K., if they wanted perfection I'd give them perfection. That afternoon I went into Babbs Super Valu and came out with head lettuce, radishes, green peppers, tomatoes, horseradish (how did *that* get in there?), wholewheat croutons, low-cal cucumber dressing—the works. Then—just because I couldn't find a pan big enough to mix the stuff in and had to use the foot tub (which I had washed out really well)—my dear wife threw up her hands (no comment) and wouldn't touch it. I had to sit there and eat that rabbit fare until my nose twitched, while she sat across from me devouring another microwave pizza and passing the orts down to Brutus.

The next night, for a change of pace, I stopped at Hardee's and picked up two garden salads with low-cal French dressing. In retrospect, I probably should have left well enough alone. But I had this horseradish, see. And I like horseradish. With the right dosage, not only does it clear out the sinuses, but there's nothing like it for flushing the tear ducts—much better than the peeling of onions.

There are those people, however, who, after one mouthful, exclaim, "What in the name of all that's holy did you do to this salad?" And when you reply that you livened it up with a tad of horseradish, they get on their high horses and ride off into the living room with plates of wine cheese and packets of Ritz crackers.

Well, I can take a hint. If she wanted a salad break I'd give her a salad break. Wiping the tears from my eyes so I could see the cupboard door, I began searching for her cookbook, an heirloom left by her Aunt Lizzie. After I'd found it and blown off the dust, I went through its dog-eared pages looking for a piece of resistance, as it's known in gourmet circles, that would make Julia Child look like the proprietor of a hot-dog wagon. What I finally selected had been identified by Aunt Lizzie as New England Potpie. A hand-scrawled note on the margin claimed the recipe had won first prize at the Reese Homecoming, 1917.

Unfortunately, I ran into problem No. 1 right off the bat: I knew where to find the salt and pepper, but where does a woman keep her chutney, rosemary, reginald, marjorie, and stuff like that? An encrusted container of hedge garlic was the best I could come up with. Problem No. 2 was finding a cover to match the kettle I had selected to cook the chunks of lean beef, potatoes, and noodles (onions filling in the chinks). No. 3 consisted of keeping nosy wife at bay, for this was the first real food she had smelled since she had so thoughtfully foisted the cooking chore off on me.

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Problem No. 4 arose that evening when we shared a can of pork and beans and a side dish of head lettuce. I shared it, that is. She generously gave her share of the beans to Brutus and took the lettuce out to the elm stump for the deer. That woman is all heart—and mouth.

"Where is what you've been cooking all day, for goodness' sake?" she wanted to know.

"It's for tomorrow night," I explained. "But it'll be worth the wait . . . just you wait."

Thoughts of pheasant under glass no doubt dancing in her pointy little head, she went to bed early. I stayed up another two hours with my culinary creation.

I should explain that both my dear wife and I suffer from a chronic affliction of my dear wife's that our doctor has diagnosed as "restless legs." No, it has nothing to do with shopping. Rather, about every 30 seconds after she hits the hay, her feet lash out, toenails at the ready—ready to sink into anything or anyone within range. She's ripped to shreds so many sheets I'm seriously thinking of having the next set made of sailcloth.

This particular night, at around 3 a.m., her unusually large toenails failed for the first time in months to embed themselves in the calf of one of my scarred and trembling legs, and she sat up.

"What in heaven's name—" she muttered.

"You've been dreaming of bicycling up Mt. Everest again," I muttered back.

"I didn't dream *that*!" she enunciated quite clearly. "What in the world is it?"

"You must be referring to my New England Potpie," I said. "It was to be a surprise for tonight."

"Potpie!" she yelped, as if she'd never slept with a potpie before. "What on earth is it doing in bed with us?"

"It's following your Aunt Lizzie's recipe," I said, fumbling for the light switch. "Cook all day," I quoted, "take to bed, and keep at body temperature . . . return to stove the next morning . . . and cook till suppertime . . . serves six."

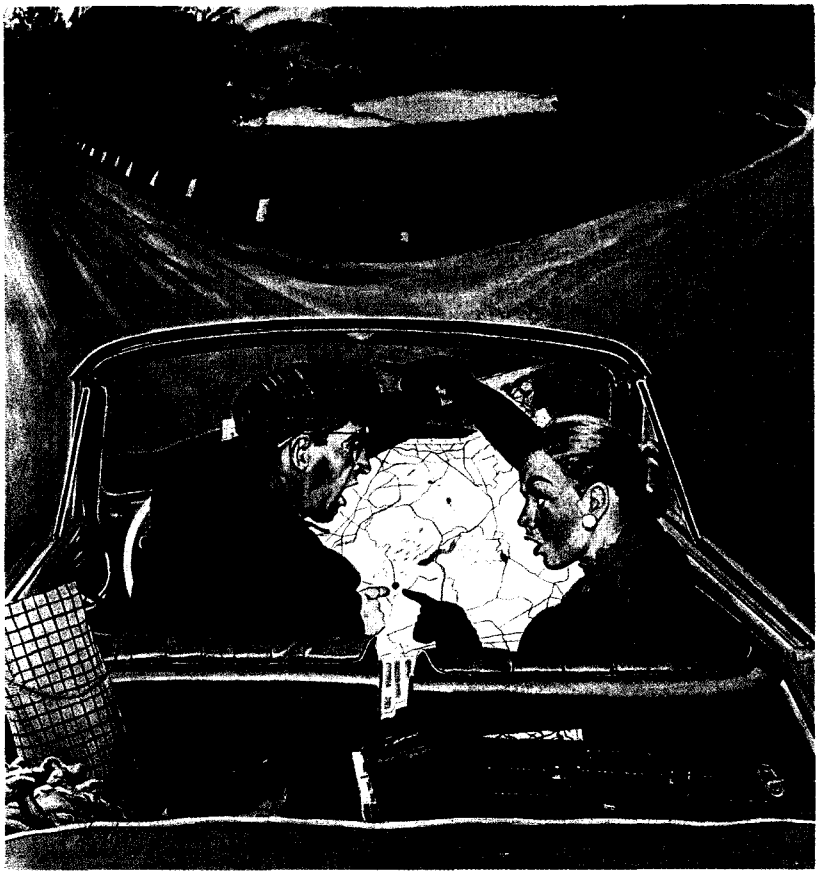
"Good grief," she moaned.

"She was your Aunt Lizzie, not mine," I reminded her, checking to make sure one of her restless feet hadn't dislodged the kettle lid.

My dear wife spent the rest of the night sleeping on the sofa. And instead of serving six, the potpie served only one—Brutus loved it. Although I noticed he was eating grass the next day.

I'm wondering now if grass might be the answer to my weight problem. Could it be that my dog is smarter than I am?

You don't have to answer that question. It has already been answered. Several times.



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Our congratulations and a check for $100 go to R. L. Mossey, Birmingham, Alabama, for the winning entry in our November 1988 caption contest.

"Mr. Gardener," she said, "now I see
Why none of those plantings suits me.
Fill the holes in the lawn
And return here at dawn,
For it seems you have brought the wrong tree."

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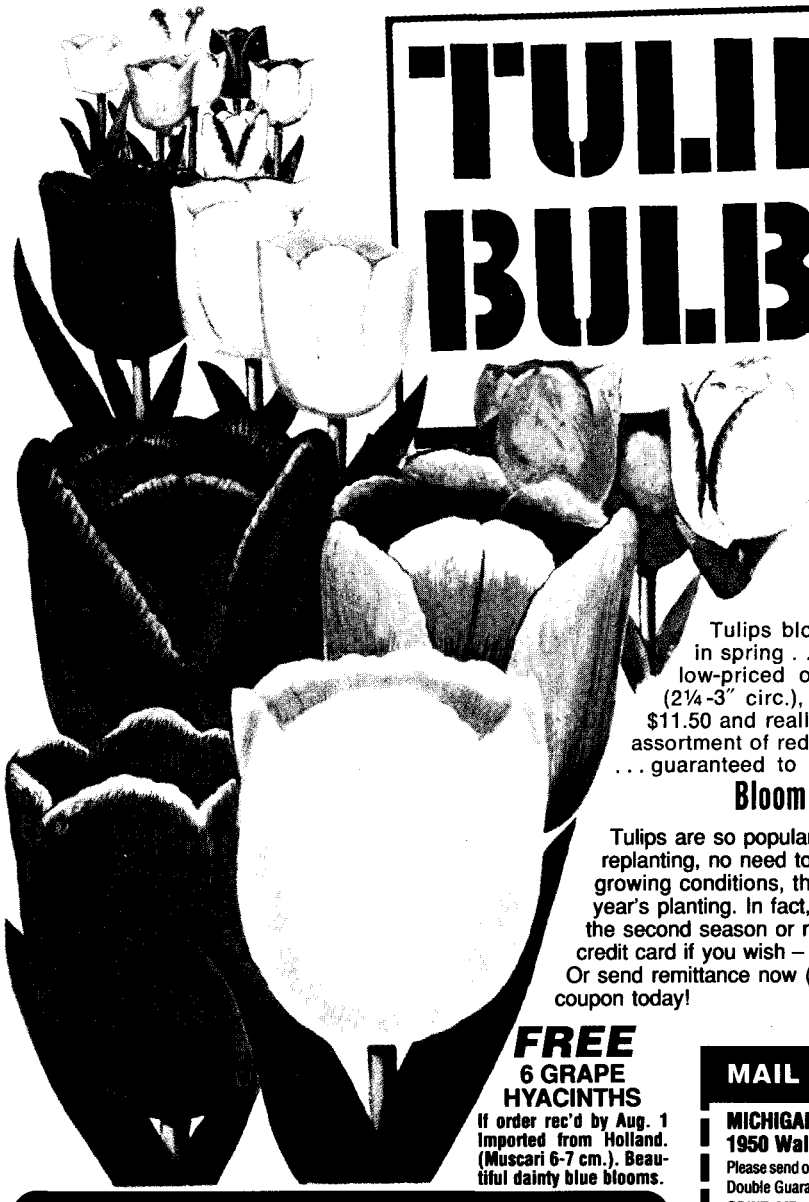

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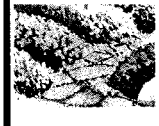

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Dutch Treats

World demand for tulips keeps Holland's hybridizers hopping to provide tantalizing new varieties.

By Dr. Ellen Henke

Nearly a billion spring-flowering bulbs from Holland were planted stateside last fall, yet the Dutch still have to keep up with further demand for the sometimes temperamental tulips. Gardeners who covet the colorful blossoms anticipate new hybrids that sometimes require ten years to pass from first bloom to mass catalog. Additionally, bulbs can't be stockpiled like grain; a poor harvest can mean a loss for the year.

Americans aren't the only victims of "tulipomania." One Dutchman of old is reputed to have traded two loads of wheat, four loads of rye, four fat oxen, eight fat swine, 12 fat sheep, two hogsheads of wine, four barrels of beer, two barrels of butter, 1,000 pounds of cheese, one suit of clothes, one silver tankard, and his bed in return for the rights to a special single bulb! The tulip, it seems, has a history as colorful as its blossoms.

The aptly named Flaming Parrot is a product of many years' careful breeding.

A 16th-century Flemish botanist, serving as imperial gardener in Vienna, was given a collection of tulips by the Austrian ambassador to the court of Sultan Suleiman the Magnificent. The ambassador had obtained the tulips "for a price" when on a peace mission to the Turks. When the botanist moved to Holland, bulbs in hand, he dazzled his Dutch neighbors with his treasure. But would-be buyers were so put off by his asking price that they took to stealing his bulbs in the middle of the night. Quickly propagated, they were distributed throughout Holland: the Dutch bulb business was born.

Then came the "breaks," which soon nearly wrecked Holland's economy. Breaks are striped tulips that occasionally turn up. Scientists didn't learn until early this century that a virus spread by aphids is

New Tulips Coming Up

New hybrid tulips reach America from Holland every year. Past favorites have been "Shirley," an ivory white Triumph tulip with purple around the edges, and "Make up," a creamy white Triumph "flamed" red tulip.

Off-white and pastel hues have become favorites of American gardeners—a reversal from previous years, when tastes ran to bright reds and oranges.

Recent imports include:

"Arabian Mystery"—a Triumph tulip with deep purple flowers and white edging that blooms at the end of April in the North.

"Ballerina"—a pleasantly fragranced orangy lily-flowering tulip that flowers early.

"Medicine Garden"—a reddish, pink Crispa (saw-toothed edges) that blooms late.

"New Design"—a Triumph tulip, pink and white with a slight green tinge. The leaves have a greenish-yellow stripe similar to perennial Hosta. "New Design" blooms early.

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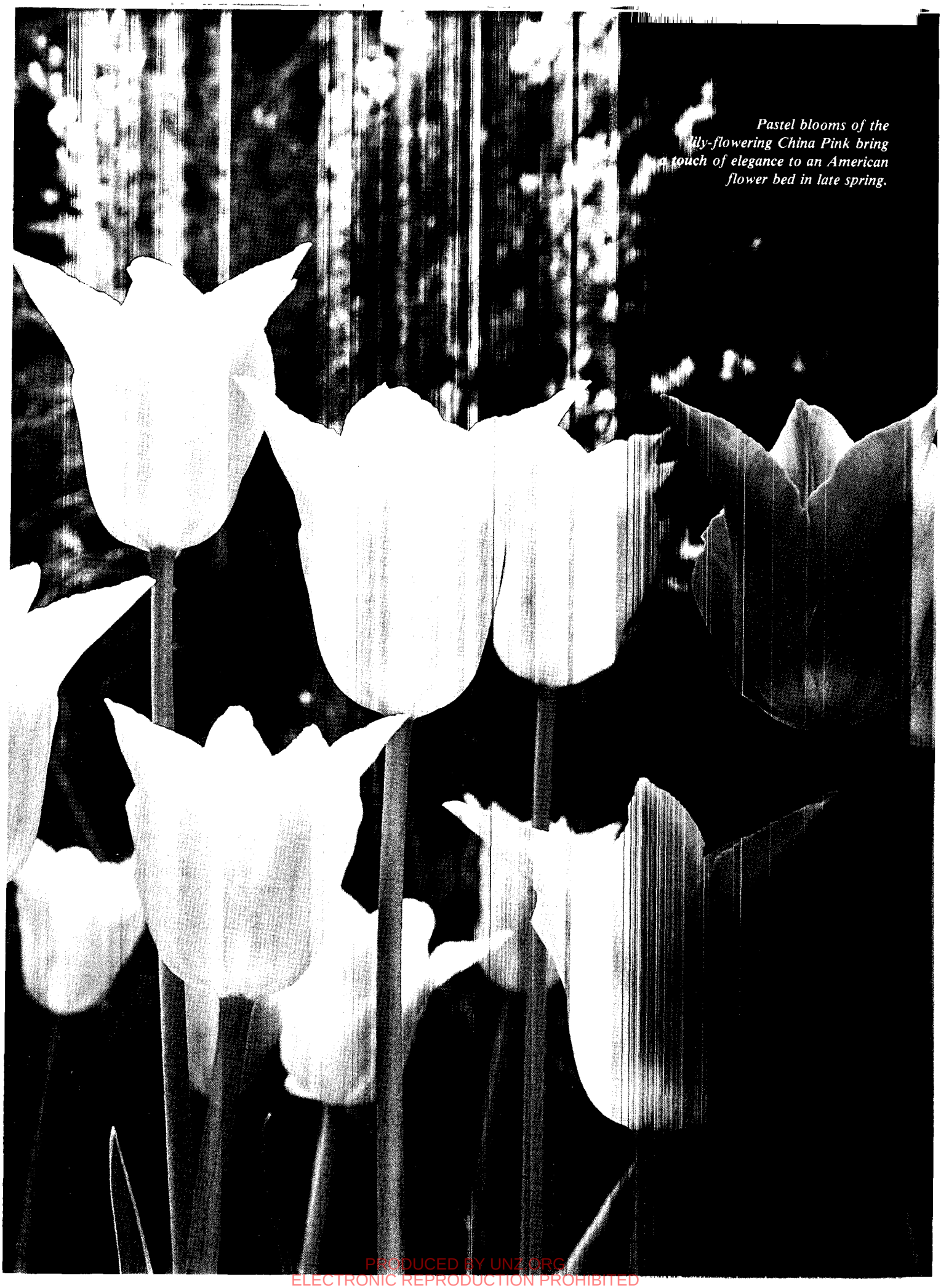

Pastel blooms of the lily-flowering China Pink bring a touch of elegance to an American flower bed in late spring.

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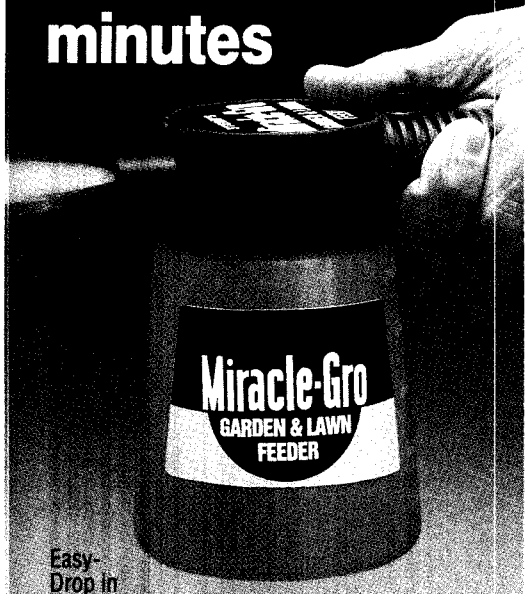

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responsible. The virus inserts its own genetic code into the chromosome that controls the tulip's color. If infected plants are not destroyed, the entire bulb field will die after a few years.

"Tulipomania" spread as every Dutch plot owner began growing tulips in hopes of discovering a mutation. Those who could afford it bought "futures" in tulips. Those who couldn't raised money by pawning jewels and mortgaging their houses and their businesses. At the peak of the excitement, a collection of three bulbs is said to have sold for the equivalent of $30,000.

One day in the spring of 1637, the bulb traders panicked and began dumping bulbs on the exchange. The game was over. The market crashed, and the government restored order by forbidding further speculation. Serious growers continued to develop the industry, now primarily family owned and operated.

Today, 60 percent of the world's flowering bulbs are cultivated in Holland. The old-style tulips have given way to hybrids that barely resemble the early flowers, which were small and colorful with lily-like pointed blooms. But the Dutch still maintain a living museum of these older species at the Hortus Bulborum in Heiloo, near the town of Limmen. The historic tulips, carefully tended in separate small beds, hold the genetic keys to improving the stamina and disease resistance of modern hybrids.

In the town of Wageningen, the Institute for Horticultural Plant Breeding is just one place where specialists conjure new combinations from old varieties. Decades can go into producing a single hybrid. A bright red tulip—the most popular variety—was one hybridizer's first marketable hybrid flower, the result of 25 years of labor.

To produce a new hybrid, the grower first selects the parents: good producers with unique colors or patterns. Next he removes the male parts from the female parent to prevent self-pollination. Finally, when the female stigma ripens, he gently brushes pollen from the father onto it. In four months up to 300 seeds can be harvested from the pod that forms. But this is only the beginning.

The seeds, once sown, produce grasslike seedlings that require five years to produce their first flowers. The hybridizer then carefully and rigorously tests the new variety before submitting it to the Royal General Bulbgrowers' Association for approval and listing in the international register of tulips. By this time, ten years may have passed.

It may take another ten years to produce enough bulbs to satisfy consumer demand. Some new hybrids remain in short supply. Right now the Dutch can't produce enough of the Garden Club of America tulip for American demand. But plenty will be available in three to five years.

Those are the breaks.

Tulip Tips

- Buy large, firm bulbs with no deep scars. In warm climates, buy prechilled bulbs, or chill them in the refrigerator eight to ten weeks before planting. (Don't store them with fruit. The ripening produces ethylene, which will cause flower abortion.)
- For color impact, plant bulbs en masse—not in thin rows.
- Choose varieties that will provide a sequence of blooms through the spring months.
- Plant during September/October in the North; November/December in the South.
- Good drainage is essential.
- Sunlight is important, but flowers will last longer if they don't receive the sun at midday.
- Improve the soil by adding well-rotted compost and a slow-release granular fertilizer with a 9-9-6 or equivalent ratio. Water fertilizer into the soil.
- Plant the bulbs, pointed tips facing up, about eight inches deep.
- Water until the ground freezes; then mulch with three inches of salt hay or a decorative mulch. When bulbs peek through in the spring, leave the mulch and continue watering.
- Remove the flowers before they go to seed.
- Let foliage turn completely brown.
- Instead of digging up the bulbs after flowering, and replanting in the fall, it's easier to just add new bulbs.
- Besides adding color to your flower garden, try enlivening the landscape by planting bulbs around trees and edging a patio, deck, or walkway.

Remember, no one has ever been put away for "tulipomania."

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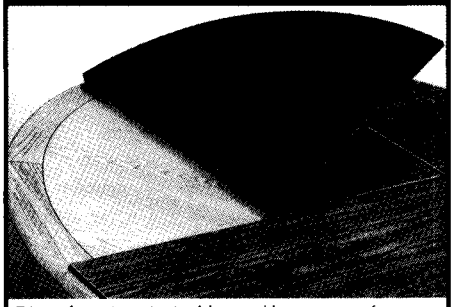

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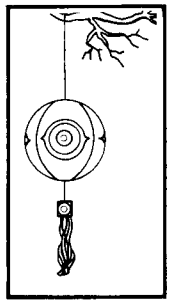

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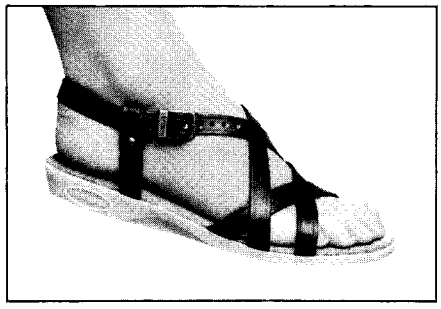

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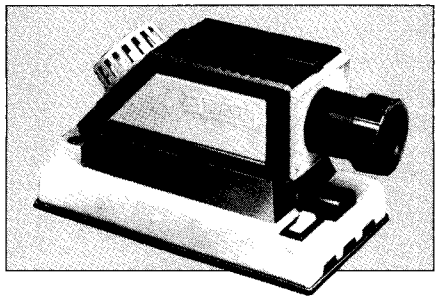

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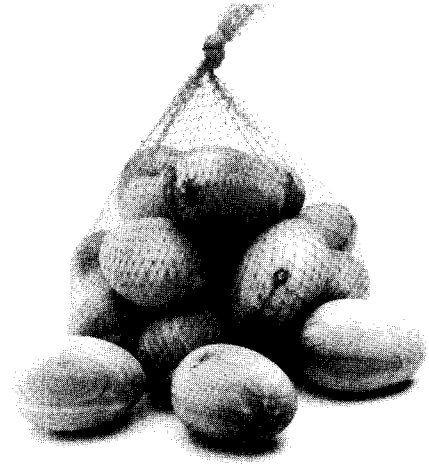

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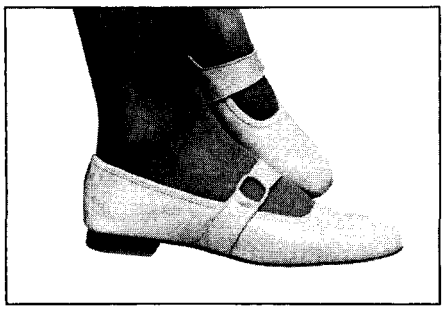

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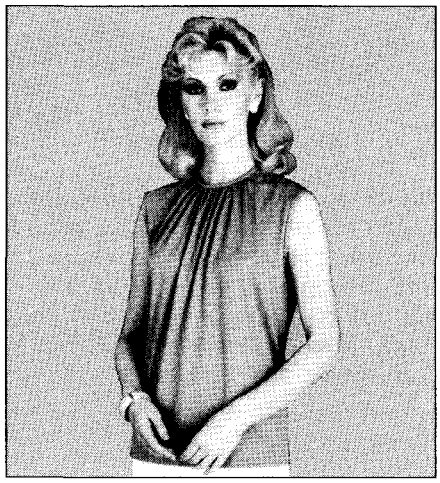

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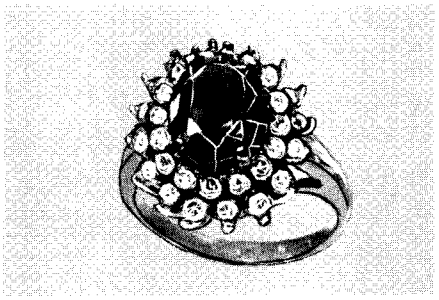

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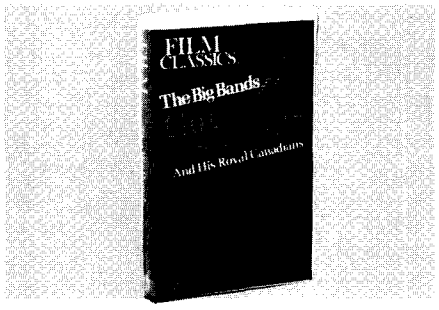

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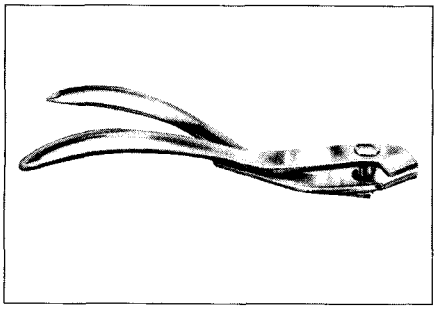

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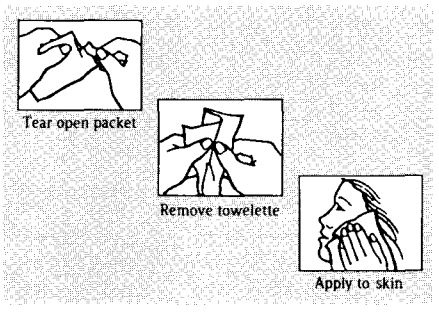

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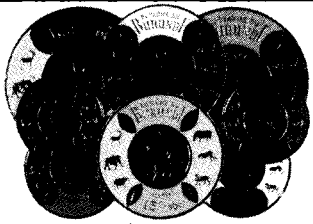

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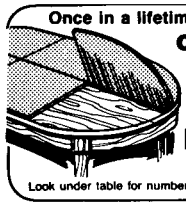

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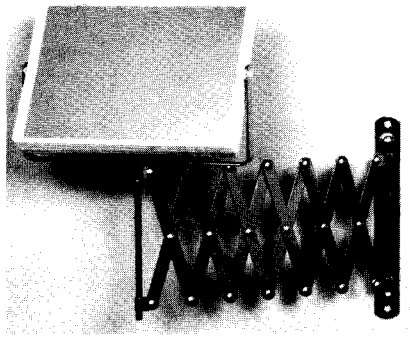

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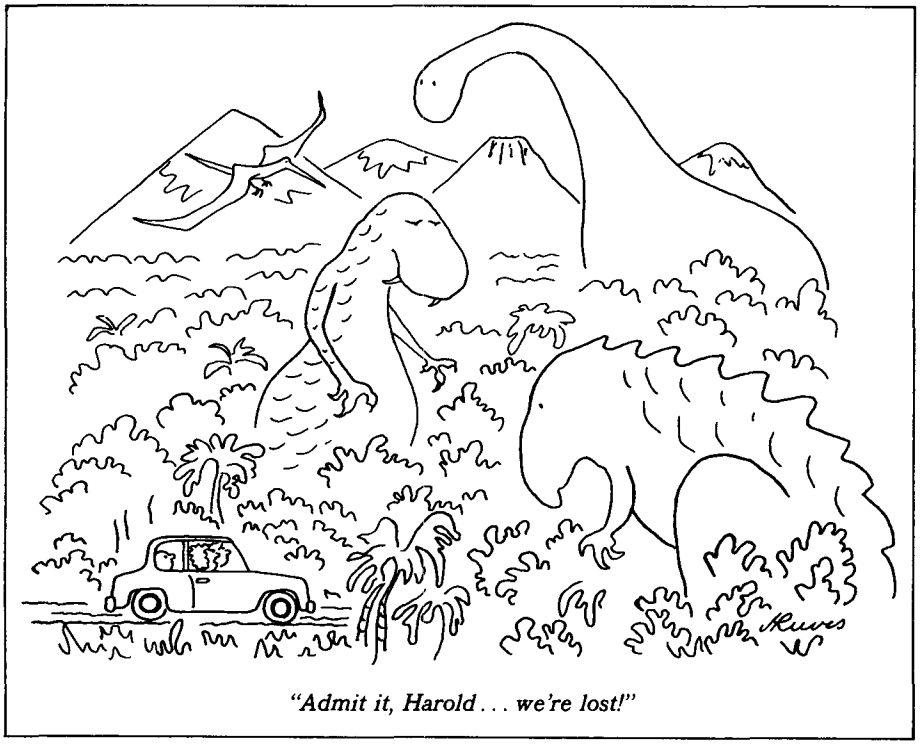

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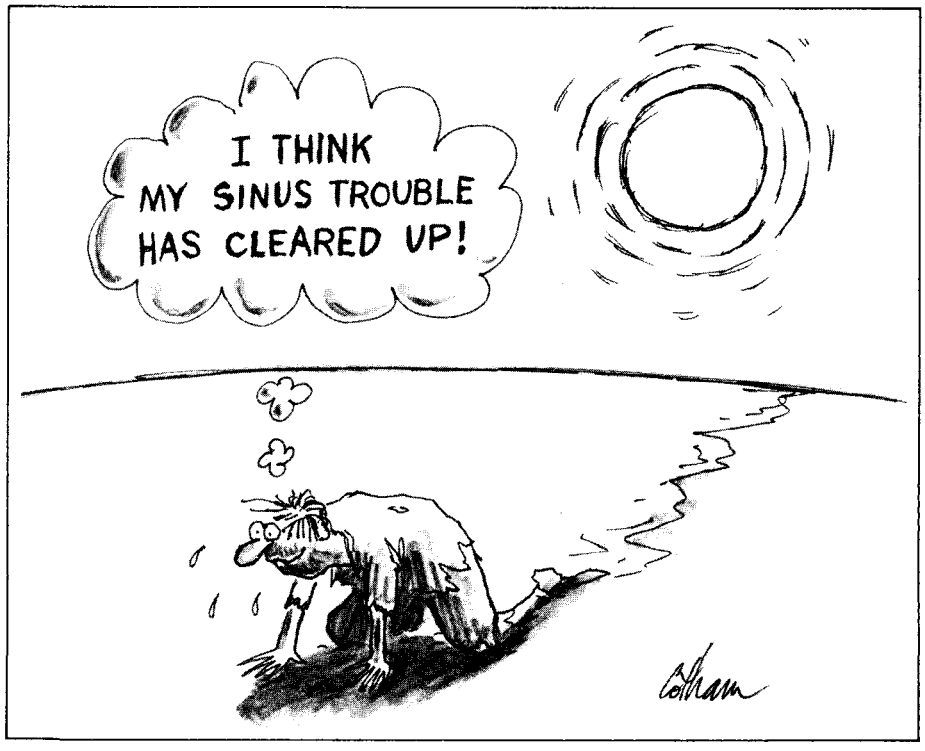

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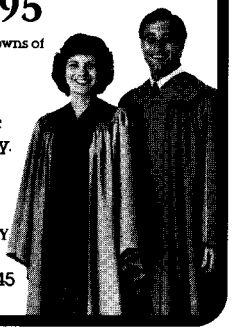

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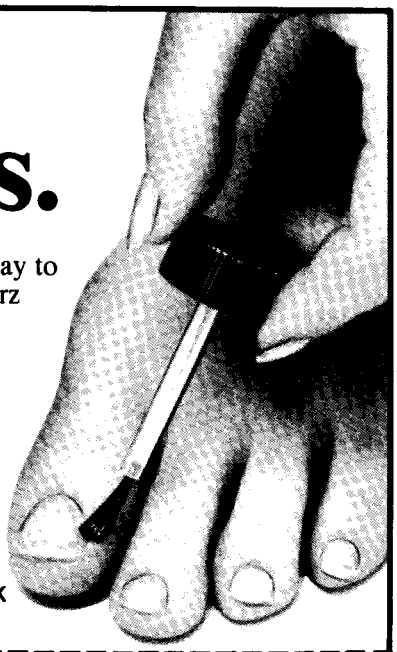

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JUVENILE PERIODONTITIS: NO LAUGHING MATTER

Although relatively rare, this irreversible gum disease gives no warning before claiming the teeth of unsuspecting teenagers.

by Laurie S. Senz

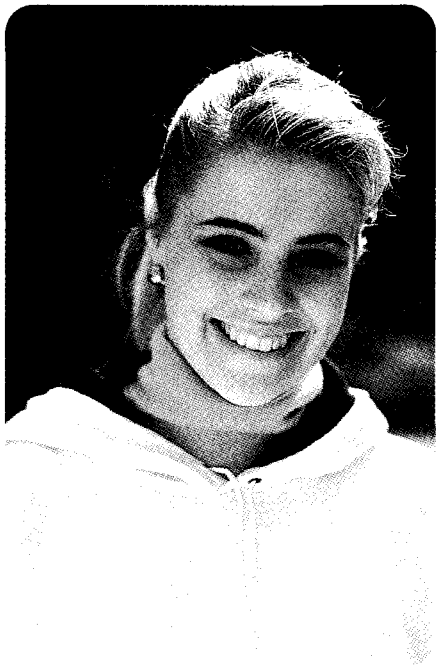
At age 15, Brenda, an attractive high-school sophomore, thought she had better things to worry about than the growing looseness in her front teeth. "They looked fine when I smiled," she says, "and they didn't hurt, so I figured whatever was causing it would eventually just go away."

Instead, the teenager's teeth got looser. Within a few months Brenda's front teeth had become so wobbly that she was afraid they would fall out if she bit into an apple. "At that point," she says, "all I could think about was how ugly I would look without front teeth."

Brenda was diagnosed with juvenile periodontitis, a rapidly progressing gum disease in which the tissue and bone that support the teeth are destroyed. "This disease is generally irreversible in nature, so whatever destruction occurs cannot be reversed," explains Jon Suzuki, a professor of periodontics and microbiology at the University of Maryland. In Brenda's case, the shocked teenager lost six of her eight front teeth. And Brenda is not alone. Dr. Suzuki estimates that 2 to 3 percent of young people aged 12 to 18 have juvenile periodontitis.

The major problem with juvenile periodontitis is that there are usually no warning signs. The gums do not bleed, swell, or discolor. "It's generally a painless disease until the later stages," says a periodontal researcher, Eugene Savitt of Cambridge, Massachusetts. "It's only in the final stages of the disease, when the teeth start to move, that the patient becomes aware there is a problem."

Research suggests that juvenile periodontitis—which progresses at a rate three to five times faster than adult periodontal disease—may be associated with the hormonal changes of puberty. "The general assumption has been that these hormonal changes affect the oral environment, allowing



the destructive bacteria that cause this disease to rapidly multiply and cause problems," Dr. Savitt explains.

Juvenile periodontitis occurs three times more frequently in females than in males. As a result, many researchers believe that an inability to fight off destructive oral bacteria is linked to the X chromosome and passed from mother to child. "There are strong genetic implications with this disease," Dr. Suzuki says. "That's why it's extremely important for the entire family of a patient who has been diagnosed as having juvenile periodontitis to be checked for the disease."*

Early detection of juvenile periodontitis is the key to successful preventive treatment. "The problem," Dr. Suzuki says, "is that most people avoid going to the dentist except when something hurts. Young people, especially, feel that they are invincible, that they have great healing powers, or that it just won't happen to them. What they don't realize is that without routine dental care and examinations, it's possible to have this disease and end up losing their teeth. And," he adds, "if you lose your adult teeth, you lose them for a lifetime."

Dental experts recommend a complete periodontal examination every three to six months for all children entering puberty. X-rays of teeth should be taken at least once a year to detect early signs of rapid bone loss.

A new DNA probe, DMDx test, provides the most accurate early detection of juvenile periodontitis by measuring the specific levels of bacteria in the mouth. The test, developed by genetic researchers at Bio-Technica Diagnostics, a Boston-based laboratory, is 95 percent accurate. However, because the $100 test is an expensive screening tool, Dr. Suzuki recommends it only for patients whose families have a history of tooth loss or juvenile periodontitis.

If caught in time, this aggressive disease can be stopped by a combination of antibiotic therapy, frequent professional cleanings, and meticulous at-home brushing and flossing.

Left unchecked, the disease can progress rapidly. "It's important to remember it's a silent disease," Dr. Suzuki says. "There is no way to see it at home. The teeth look normal until they start to wobble.

"The bottom line," he adds, "is that teenagers don't have to lose their teeth. Teeth are meant to be kept a lifetime, and with good maintenance and preventive care, they can be."

**Editor's note: Dr. David Bixler, chairman and professor at the Department of Oral-Facial Genetics at the Indiana University School of Dentistry, concurs that all family members of a juvenile periodontitis patient should be monitored. There is good evidence now that at least one major form of juvenile periodontitis has a simple genetic pattern, he said. In Finland it has been reported to be an autosomal-recessive trait, and in this country there may well be an X-linked-dominant genetic type.*

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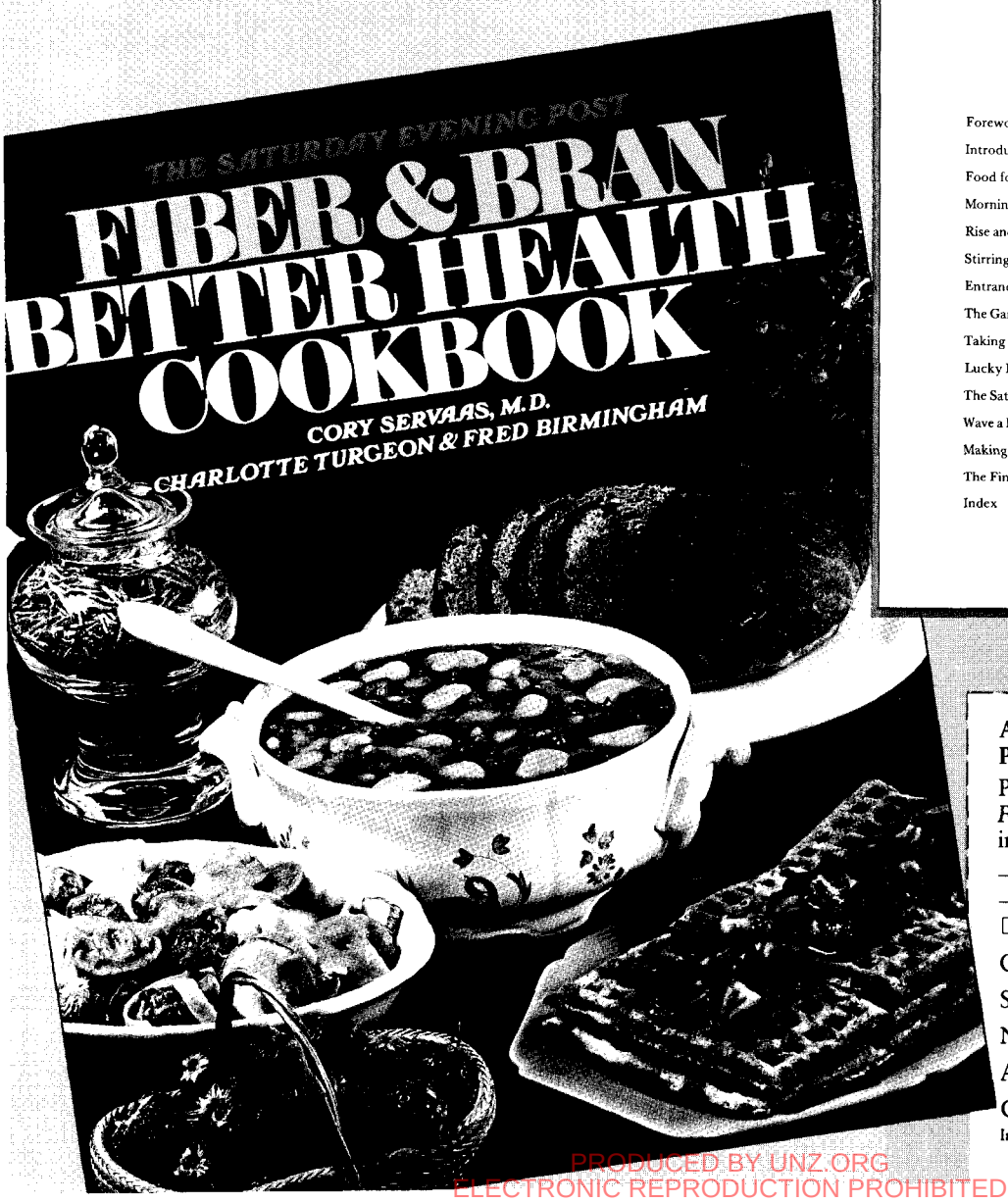

Contents

Foreword	vii
Introduction	xi
Food for Thought: More Than Lip Service	1
Morning Glories: Pancakes, Waffles and Coffee Cakes	11
Rise and Shine: Breads, Quick Breads and Muffins	27
Stirring Experiences: Soups and Chowders	71
Entrancing Entrees: Luncheon and Dinner Dishes	89
The Garden of Earthly Delights: Vegetables and Grains	123
Taking Your Leaves: Salads and Salad Dressings	153
Lucky Breaks: Snacks, Sandwiches and Beverages	173
The Satisfying Conclusion: Desserts and Candies	191
Wave a Magic Wand: Microwave Cookery	217
Making Light of It: The High-Fiber, Low-Calorie Diet	235
The Final Reckoning: A Reference Chapter	273
Index	293

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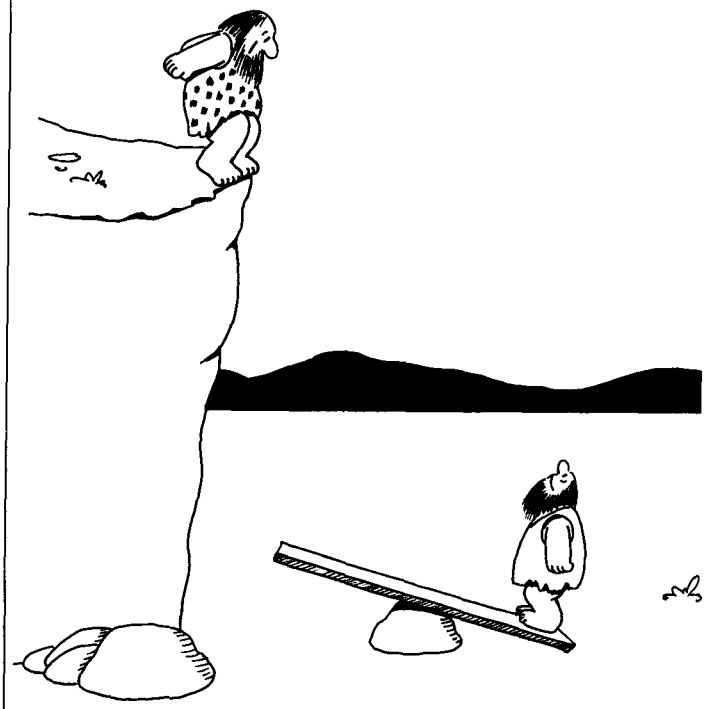

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"We got the spot out."

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When it comes to accommodations and amenities . . . The Myrtle Beach Resort is unparalleled. You can select one or two bedrooms or a cozy studio. Make your choice from a high rise or a wooded villa.

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Ask About Our 7 Night Vacation Special

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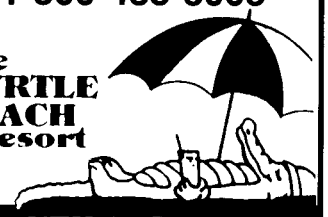
the MYRTLE BEACH resort



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Cobb Marietta
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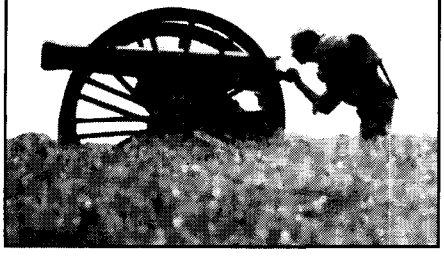

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South Carolina

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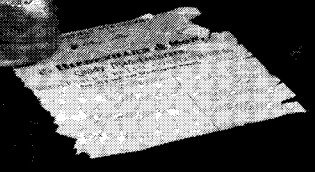

Vicksburg Siege Re-enactment — July 1-3

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Chetola Resort is situated in the heart of the beautiful Blue Ridge Mountains, and is virtually surrounded by Moses Cone National Park. In the Village of Blowing Rock, this luxury resort offers spacious rooms and suites in the ***Chetola Lodge & Conference Center***. Also available for sale or rent are one- and two-bedroom condominium units with all the modern conveniences. On-site amenities at ***Chetola*** include an elegant restaurant, tennis courts, hiking trails, a seven-acre lake for boating and fishing, gazebo and picnic areas, and the McCauley Recreation Center featuring an indoor heated pool, racquetball courts, fitness center, whirlpool, and sauna.

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The Meeting Street Inn

❖

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Charleston, SC

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THE POST READER SERVICE CENTER

John Rutledge's Home—built in 1763, has been lovingly restored into an elegant inn. Carved marble fireplace and inlaid wood floor are just two of the fine features. Every room is luxuriously furnished. Circle 31

Sea Pines Plantation, Hilton Head Island, SC—Internationally famous golf, tennis, Harbour Town, bike paths, beach, fresh- and salt-water fishing, boating, shopping, and restaurants. Rental villas. Circle 32

Sands Oceanfront Resorts—Four of Myrtle Beach's outstanding oceanfront resorts. Enjoy pools, tennis, restaurants, and guest golf privileges on more than 45 courses. Supervised summer children's program. Circle 33

Charleston, SC, beaches—Privately owned homes on Isle of Palms, Sullivan's Island, Kiawah, Seabrook, and Wild Dunes Resort. Beach rentals at affordable rates. Circle 34

Chetola Resort, Blowing Rock, NC—Luxury rooms, suites, and condominiums. Amenities include restaurant, lake, mountains, tennis, indoor pool, racquetball. Near Blue Ridge Parkway. Free brochure; circle 35

High Hampton Inn & Country Club—Complete resort in the scenic Blue Ridge Mountains of North Carolina. 18-hole golf course, eight tennis courts, private lake, trails, and mountains. Circle 36

Charleston, SC—This historic seaport city is a year-round resort. Horse-drawn carriages, museums, antique shops, historic homes, plantations, beach resorts, and luxury hotels. Circle 37

Myrtle Beach, SC—Sheraton Myrtle Beach Martinique. Spacious oceanfront accommodations with private balcony. Quiet residential location; perfect for families and golfers. 38

Planters Inn—An elegant 41-room inn located at the corner of Charleston's historic market. Accommodations include a daily light breakfast, nightly turndown, and tea each afternoon. Circle.....39

Charleston Mills House Hotel—Offering the antebellum grandeur and impeccable service of the Old South and featuring the award-winning Barbados Room restaurant. 214 rooms and suites. Located in the heart of the historic district. Circle 40

Pinehurst Area Resorts—Find the charms of New England right here in North Carolina. With more than 30 area golf courses, this historic resort area offers a great place to get away year-round. Circle 41

The Ramada Ocean Forest Resort, Myrtle Beach, SC—Features 200 luxury oceanfront suites with fully equipped kitchens, indoor-outdoor pools, health club, Jacuzzi, steam and sauna, oceanview restaurant and lounge. Suites from $74/night. 42

Discover the **Gateway to Great Smoky Mountains National Park, Gatlinburg, TN.** A year-round resort featuring the South's largest crafts community, shopping, festivals, attractions, and excellent accommodations.....43

See Rock City—Located high atop Lookout Mountain, near **Chattanooga, Tennessee.** Beautiful gardens among unique rock formations. View of seven states from legendary Lover's Leap. Open all year. Restaurant. Circle 44

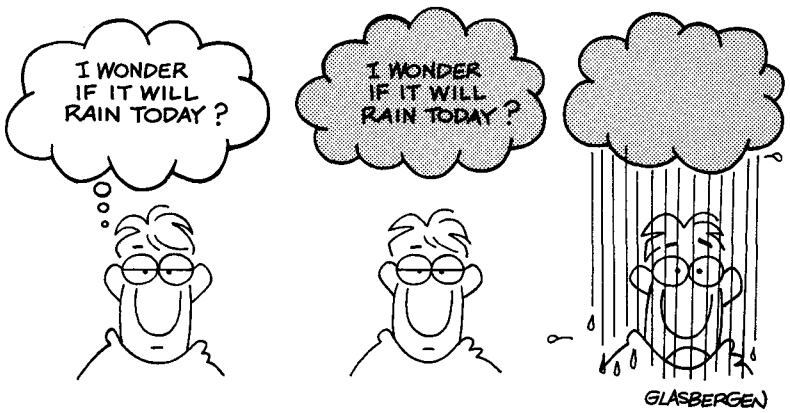
Grandfather Mountain—Beautiful scenery and views, mile-high swinging bridge, gift shop, hiking trails. Photograph wildlife in natural settings. "Carolina's top scenic attraction." Circle 45

Savannah, GA—the nation's largest national urban-landmark historic district and **Georgia**'s mother city. Vacation-planning brochures offer beach, city, and inn accommodations, and restaurants, sightseeing, and recreation maps. Circle 46

Georgia state parks and historic sites—Some of the South's most scenic attractions and reasonable overnight accommodations are easy to get to and hard to forget! For a free color brochure, circle.....47

Marietta, GA—Historic districts filled with antebellum homes and a Victorian square surrounded by quaint shops and restaurants. Walking tours available; special events throughout the year. Circle 48

Cobb. Marietta—The fun side of Atlanta. Amusements for the entire family and rich in history. Accommodations, dining, entertainment, and shopping to suit every taste. Circle.....49



Columbia Visitors Bureau, Columbia, SC: historically rich. One of America's first planned cities. See Riverbanks Zoo, one of the country's ten best. Lakes, parks, and golf courses, plus excellent weather year-round. Circle 50

Hilton Head Island, SC—Quality vacation homes and villas—up to 6 bedrooms. Free tennis, discount golf, swimming pools, and many oceanfront. Free color brochure; circle 51

All over the state, there are special places . . . the restored plantation homes, the great bass-stocked lakes, pine forests, botanical gardens, and the mysterious swamps. Information on **Louisiana**'s travel adventures; circle 52

Fripp Island—A private resort community just north of Hilton Head. Olympic-size pool, beach, golf, tennis, and boating. From studios to villas and homes. Circle 53

Golden Isles of Georgia. Jekyll Island, Little Saint Simon's Island, Saint Simon's Island, Sea Island. Four islands and a port city. Beaches, history, golf, and shopping. Color brochure free; circle 54

Vicksburg—The grandeur of the Mississippi and the glory of bygone days lie side-by-side with a progressive city on the move in Vicksburg. See for yourself. Circle 55

Gatlinburg: High Alpine condominium nightly rentals offer luxury suites for less than a motel room. All with fireplace, kitchen; some with whirlpool tubs: $89 to $119/night. Circle 56

Palmetto Dunes Resort—Hilton Head, SC, the island's finest resort. Three miles of beach, three golf courses, pools, tennis, and furnished one- to four-bedroom villas. Mobil four-star and AAA four-diamond resort. Circle.....57

Panama City Beach, FL—Edgewater Beach Resort, Panama City Beach's finest gulf-front golf/tennis resort may well be Florida's best value. "Summer Sizzler" package from $100 per night. Circle 58

Beacher's Lodge—St. Augustine, Florida's only all-suite, oceanfront hotel. Enjoy spectacular ocean views, kitchenettes, oceanside pool, and area attractions. Free brochure. Circle 59

Florida's Silver Springs. Open all year. Boats glide over artesian spring. Visit the Antique Car Museum and Deer Park. Take a jungle cruise and explore Cypress Point and the Reptile Institute. Circle 60

The Chesapeake Bay Bridge-Tunnel is a 17.6-mile engineering marvel that connects **Virginia Beach/Norfolk** with Virginia's eastern shore. The southernmost of the four islands includes a restaurant, gift shop, and free fishing. Circle 61

Luxurious oceanfront accommodations, at nonluxury prices. The **Myrtle Beach Resort** is unparalleled! One or two bedrooms or a cozy studio. Indoor pool, tennis courts, and more! Circle 62

Kiawah Island—Near historic Charleston, 10-mile beach, championship golf and tennis, great dining, exciting shops. Free color vacation guide. Circle 63

Myrtle Beach, SC—Oceanfront 3 bedrooms, 2½ baths, fully furnished, complete kitchens. Pools and tennis. Two great locations. Tilghman Beach & Racquet Club or Pelicans Landing. Circle 64

Winston-Salem, NC, where you'll discover affordable activities for all ages. Golf on world-class, championship courses. Step back into time in Old Salem. Art galleries and craft studios. FREE brochure: circle ..65

Gulf Shores, AL—Sea-N-Shore Management Company. If you're looking for a weekend getaway or a residence on the Gulf Coast, we offer fully furnished condominiums or a roomy house on the beach. Circle . . .66

The Meeting Street Inn—The premier bed-and-breakfast inn of Charleston. 54 rooms furnished with 18th-century four-poster beds, a sun-dappled courtyard, and Jacuzzi; circle 67

Jackson, MS—Experience our unique blend of Southern hospitality and hometown charm. Visit our fine restaurants, first-class hotels, and vast number of historic sights. Circle 68

Explore historic St. Augustine! Enjoy golf, tennis, windsurfing, fishing, exciting attractions, and 43 miles of beaches. And relax and dine at fine resorts and restaurants. Circle 69

Gulf Shores, AL—Beach rentals and condos directly on the white sand beaches of the Gulf of Mexico. Amid golf courses, gift shops, restaurants, amusement parks, and deep-sea fishing. Circle 70

Miracle Mile Resort, Panama City Beach, FL—Directly on the Gulf of Mexico. Swimming pools, restaurants, lounges, beach bars, tennis courts, beaches, and nearby golf. Circle 71

Travel Directory ads work. Ask us how many hundreds of inquiries have already been received by advertisers. If you're an agency or account with a travel or tourism destination to promote, you can't afford not to consider *The Saturday Evening Post* for either regional or national exposure to readers in the know and on the go. Circle.....1

Georgia—No matter what kind of vacation you want, Georgia has it. Majestic mountains with romantic hideaways, unspoiled island beaches, our beautiful Classic South region, plus all the glitz and excitement of Atlanta. Circle 2

Hampton—America's oldest continuous English-speaking community (1610)—is located on the Chesapeake Bay midway between colonial Williamsburg and Virginia Beach. For free brochure, circle.....3

Visit Connecticut, where the country roads are paved with possibilities. Send for your free CLASSIConnecticut Vacation Kit. Connecticut, the pride of New England. For more information, circle 4

Countryside—Vero Beach's premier adult community of manufactured homes. Featuring over 26,000 sq. ft. of recreational facilities. The area's happiest residents enjoy *all* amenities! For more information, circle....5

If you would like information for any of the offers above and the response card is missing, circle the entry or entries that interest you, tear out this page, and send it with your name and address to: The Saturday Evening Post, *P.O. Box 2800, Boulder, CO 80328-2800. Also include 50¢ for postage and handling—U.S. currency only. These offers expire July 24, 1989.*

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ALASKA

Northwest Passages

BY M. TIMOTHY O'KEEFE

The Inside Passage is Alaska as most of us imagine it: 10 million acres of forest that contain at least 25,000 brown bears and perhaps 15,000 bald eagles. Such wildlife and scenery would be enough to attract a sizable number of visitors, but it's the accessibility of stupendous blue glaciers that's created a kind of second gold rush to the region each summer.

Glaciers created the Inside Passage during the Great Ice Age, some one million years ago. They receded between 10,000 and 15,000 years ago to reveal straight, sheer-sided fjords now frequented by a burgeoning number of Inside Passage cruises. Today the glaciers still expand and contract in primordial fashion, but this time with plenty of human spectators on hand, arriving by boat, plane, or helicopter, and even—at Mendenhall Glacier outside Juneau—by driving right up in a rental car.

In between glaciers, cruise passengers can busy themselves espying bald eagles, pods of orcas (killer

By June each year, countless vessels are braving the ice-choked bays of Alaska's Inside Passage. Courtesy of a reinforced hull, the 90-passenger **Great Rivers Explorer** *slowly navigates a field of small icebergs while passengers scan sea and shore for killer whales, bald eagles, deer, and bear.*

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Shore leave at Haines, Alaska: Only Chilkat Indian men may depict living creatures on their renowned robes; the women have developed abstract designs of world-famous sophistication. After a salmon-bake dinner at the Totem Village Tribal Home, Chilkat dancers don the robes and dance for their visitors.

(Above) Ketchikan, the "Salmon Capital of the World," now entertains more passengers than sailors as a result of the cruising boom. Creek Street's houses-on-stilts, part of a red-light district until just a few decades ago, have been spruced up to provide cruise passengers with a walking tour that starts right at the docks.

(Left) Whether all 40 petroglyphs are visible at Petroglyph Beach near Wrangell depends on the tide, the light, and the dampness of the rocks themselves. Balled-up ferns are rubbed against rice paper (from the local five-and-dime) placed against the rock to provide souvenir rubbings.

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whales), and humpback whales that point their tails skyward before disappearing underwater. Docking is frequent, too: along the way the visitor discovers Indian crafts, Indian dancing, Russian dancing—the human element that cannot overshadow the natural beauty, but complements it.

After all the various stops to sample Indian, Russian, and pioneer cultures, after all the whale sightings and the petroglyph rubbings, Glacier National Park is the culmination of each Inside Passage cruise. Glacier Bay is a feast for all the senses. The eyes water, the nose chills; the air is odorless, clean—the smell of snow.

The only sound is the cracking of ice as a glacier calves. The ship's captain cuts the engines, and the passengers do nothing but float and listen. They leave feeling that they've experienced an earlier time when the world was newer, more violent. The Inside Passage has given them not only a look at Alaska's man-made story but also a rare insight into the formation of the earth itself.

(Above, left) Keeping up with the Joneses, Indian style: commissioning an artist to undertake this totem pole in Sitka was an expensive proposition. Totem poles have only a 60- to 70-year life expectancy due to the moistness produced by an up-to-150-inch annual rainfall.

(Above) A 30-foot-long killer whale, one of the ocean's most-feared predators, splashes in the waters of the Inside Passage. The presence of one killer whale usually means a group, or pod, is nearby.

Sitka's New Archangel Russian Dancers pose before performing an authentic Russian dance. The 20-year-old group performs several times daily. Russians were the first Europeans to arrive in Alaska, in 1741, and they made their first settlement in 1784. Sitka has the oldest Russian Orthodox church in America (1848); icons and onion domes, in fact, are a common sight throughout the state.

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Fairly Good Ways to See the South

Creole, Cajun, Cuban, Cracker: the Southland's parties won't stop with the end of summer.

Grand opera and stock-car racing. Outhouse racing and a tour of Greek Revival homes. High-tech hydrofoils and antebellum sternwheelers. Stephen Foster and Elvis Presley.

Cajun and Cuban and Continental cuisines. Shell fairs and state fairs and May fairs. Wild turkey calling and duck calling; hog calling and name calling. Square dancing and round dancing and mountain dancing; figure dancing and clog dancing and buck dancing. Street strutting and chitlin strutting. Grape stomping and barn raising.

All these—and hundreds more—are celebrated, commemorated, congregated, accommodated, venerated, and gleefully anticipated down South in annual festivals.

These days, as the Sunbelt grows wiser and wiser to the finer points of tourism promotion, it seems as if every town wide enough to stop a Greyhound has found some angle to hang a festival on:

Indigenous Flora

If it grows—wild or under cultivation—south of the Mason-Dixon line, it has an appropriate and "nominal" celebration. Strawberries, peaches, pecans, peanuts, pumpkins, grapes, okra, sweet potatoes, apples, roses, marigolds, azaleas, mushrooms, dogwoods, apple blossoms, irises, jonquils, magnolias, cherry blossoms, watermelon, tomatoes, onions, cotton, beans, ramps—all have their day in the, errr, sun.

Southern Fauna

There's a "Turkey Trot Festival" in Yellville, Arkansas, and "Coon Dog Day" in Saluda, North Carolina. There are shrimp festivals on Amelia Island, Florida; Brunswick, Georgia; and Gulf Shores, Alabama.

Horse Breeding

Festivals, shows, races, and rodeos are devoted to horses of every kind, color, and description—cutting and racking; thoroughbreds, Appaloosas, and Tennessee Walkers; fillies and colts; two-year-olds and above.

Fowl, Seafood, etc.

There are festivals celebrating ducks, wild turkey, ibises, storks, oysters, crawfish, catfish, mullet, armadillos, crickets, and alligators. Even the lowly pig is elevated in story and song—both on the hoof and on the barbecue bun.

Black Culture

Much of the history and culture of the South—and henee, the rest of the nation—derives from black culture and the so-called Black Experience. That contribution is duly noted in a host of festivals. For instance, the blues—that peculiarly black art form from which gospel, R&B, and rock-'n'-roll all derive—is celebrated with slide guitar, mouth harp, and "doghouse" bass in half a dozen delta cities.

Southern Music

Other forms of music also have their day in the spotlight—or rather, on the concert stage: bluegrass and country; gospel and spiritual; folk and mountain; and both Dixieland and mainstream jazz. There is even a festival devoted to "strange music." There are festivals that honor the music men Stephen Foster, Jimmie Rodgers, W.C. Handy, and Elvis Presley. And country-rock's favorite group, Alabama, has turned their fund-raising "June Jam" into the newest of Southern musical traditions.

Southern Ethnic Groups

Of course, not to be outdone, other groups have staged festivals of their own with their own music: Native Americans (like the Choctaw and Cherokee), Hispanics, Cajuns, Scots, English, Germans, and Irish—to name a few. (That's the problem with this whole darned undertaking—selecting the few from among the very many!)

Anyway, here follows a festive sampler of this summer's homegrown *carnivale* below the Mason-Dixon line, plus suggestions extending through the next year. For a complete list of all the festivals, just write the folks at Travel South U.S.A.,

The Best Way To Get From Our Mountains To Our Coast Is To Go Through These Pages.

Cover 58,910 square miles in 112 pages and stock up on great suggestions for a vacation you'll remember for a lifetime. Call or send us this coupon for your free copy of our *Georgia On My Mind Vacation Book.*

Name_____

Address_____

City_____ State_____ Zip_____

Return to: GEORGIA, Box 1776, Dept. SE05, Atlanta, GA 30301; 1-800-VISIT-GA.

GEORGIA *on my mind*

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• L.E.D.'s glow when batteries are charging.
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Please send _____ Eveready® Rechargeable Battery system(s) at $69.95 plus $5.00 p&h for each pack. Mail to: Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206. ☐ Check or money order enclosed. Charge to: ☐ VISA ☐ MasterCard

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Signature_____

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City _____ State _____ Zip_____

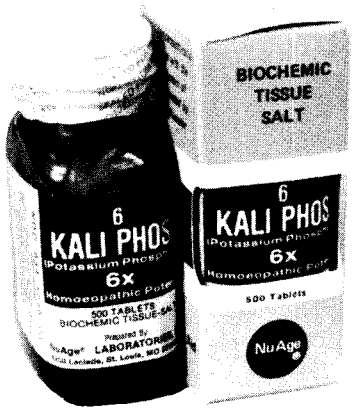
*Indiana residents add 5% sales tax. Allow 4-6 weeks delivery. 9D

From Battlefield to Bedside

During the Civil War, Clara Barton spent her time carrying supplies to soldiers and nursing wounded men on the battlefields. This first-hand experience led her to the founding of the American Red Cross in 1881.

While ladies like Clara Barton were serving the health needs on both continents, NuAGE LABORATORIES LTD. had been in business several years, supplying safe and effective

medicine to relieve pain and suffering. KALI PHOS was one of these remedies. KALI PHOS is a true nerve tonic especially recommended for nervous people. A great remedy for all forms of nerve debility and symptoms arising from want of nerve power, KALI PHOS is a lactose-based, safe, and effective homoeopathic tablet manufactured by NuAGE in accordance with the Homoeopathic Pharmacopoeia to ensure "purity, quality, and accuracy."



Today the Red Cross still serves the needs of many. Likewise, NuAGE homoeopathic remedies are still being manufactured of the same quality and safety to meet today's standards. Look for NuAGE products at better nutrition centers, or send $4 each plus $2 p&h to:

NuAGE LABORATORIES, LTD., 4200 Laclede Ave., St. Louis, MO U.S.A. 63108
Phone 1-800-325-8080 for MasterCard or VISA

3400 Peachtree Rd., N.E., Atlanta, GA 30326, or give them a call at 404-231-1790. Y'all come!

MAY

• Florida's resort town, Fernandina Beach on Amelia Island, celebrates the origins of the Sunshine State's shrimping industry with three days (5-7) of music, sidewalk art shows, a "best" beard contest, a beauty pageant, fireworks, street dances, a pirate landing, and a blessing of the fleet at the historic waterfront docks. (904-261-3248)

• The Lake Charles, Louisiana, Contraband Days (2-14) is a fortnight celebrating the city's "pirate heritage." Festivities begin with the Landing of Jean Lafitte, followed by a parade . . . followed by parties, bands, carnival rides, foodfests, Las Vegas Nite, and boat races "in everything from bathtubs to powerboats." Citizens from all over flock to the seawall in boats, anchor, and "celebrate." (318-436-5508)

• Ever had barbecued armadillo? If not, you won't want to miss Hamburg, Arkansas' 15th annual Armadillo Festival (7). There'll also be chicken on the grill, plus a frog jump, arts and crafts, 10K run, concerts, talent show, pet show, beauty contest, a street dance, arm-wrestling and tobacco-spitting contests. (501-853-2482)

• Some 40,000 people are expected in Owensboro, Kentucky, the "Barbecue Capital of the World," for the International Barb-B-Q Contest (12-14). Also featured are "tram-cooking" competitions, cook-offs, recipes, and country and bluegrass bands all along the riverfront. (502-926-1860)

• An international hillbilly hollerin' contest is the high point of Harrison, Arkansas' Dogpatch Days & Buffalo National River Festival (13-15). Other events include a trout cook-off, Fearless Fosdick's Fantastic Flotilla, costume and decorating contests, hot-air balloon races, concerts, nature hikes and float trips, arts, crafts, and a parade. (501-741-2659)

• The annual Ole Time Fiddlers' and Bluegrass Festival—a.k.a. the Union Grove Fiddlers Convention (26-29)—is a hallowed North Carolina institution. This year's 65th annual event will again feature individual competitions (group, fiddle, mandolin, banjo, etc.), workshops, clog dancing, storytelling, shaped-note singing, and concerts by big-name bluegrass stars. (704-539-4417)

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JUNE

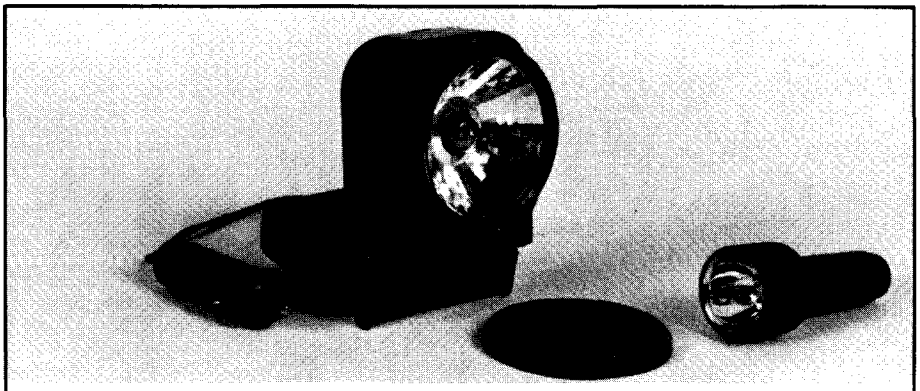
• It's enough to clear up a teenager's acne—the annual Swap Meet & Auto Fair (15-18) in Morrilton, Arkansas. More than 100 antique and classic cars compete for awards in 24 classifications, from turn-of-the-century to 1963 models. Antique cars and auto parts for sale. Arts and crafts. (501-727-5427)

• The 20th annual National Hollerin' Contest (17) in Dunn, North Carolina, "revives the almost lost art of hollerin', which was a means of communication in days gone by." You can also brush up on your callin', whistlin', and conch-shell blowin'. Arts and crafts, singing, dancing, food, and children's entertainment at Spivey's Corners. (919-892-4133)

JULY

• Be sure to bring your camera if you come to Greenville, South Carolina's Freedom Weekend Aloft (June 30-July 4), one of America's largest gatherings of hot-air balloons. Magicians, storytellers, puppeteers, rides, and

continued on page 112



Emergency Beam; a handy light that provides a powerful beam for emergency situations. Powered from cigarette lighter with extra long 11½ foot cord that retracts completely. Magnetic base and hinged reflector provide "hands-free" operation. Compact in size for convenience and storage.
Color: Black with accent.

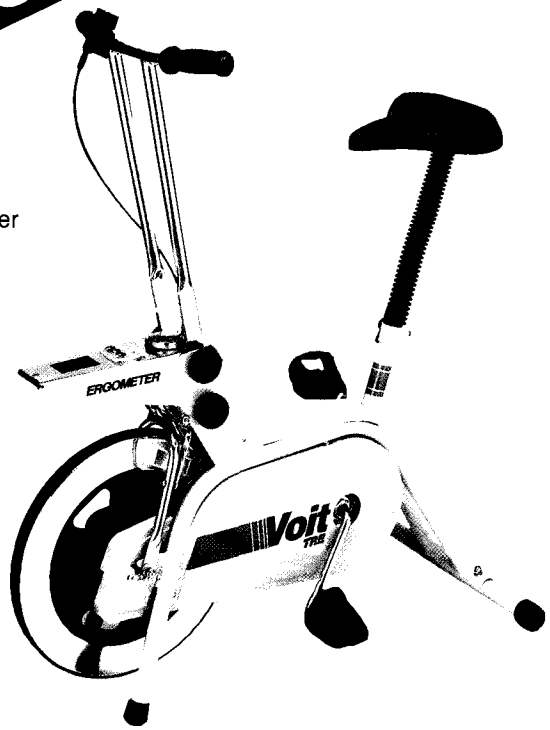
Dash Flash; the car flashlight that stores and recharges in your cigarette lighter socket. It's handy when you need it! Beam will shine continuously for about 15 minutes; recharges overnight. Flashlight battery stays charged even when car battery goes "dead." Fits virtually every make of car.
Color: Black with accent.

Please send _____ Emergency Beam(s) at $12.95* plus $2.00 p&h each. _____ Dash Flash(s) at $19.95* plus $2.00 p&h each to: Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206.
☐ Check or money order enclosed.
Charge to: ☐ MasterCard ☐ Visa
Card No. _____
Expiration date _____
Signature _____
Name _____
Address _____
City _____
State _____ Zip _____
* Indiana residents add 5% sales tax.
Allow 4-6 weeks delivery. 9D

Fitness Shopper

Voit

LE100
Ergometer



Voit exercise equipment works on your body, not your wallet!

When looking for the best value in today's ergometer market, you must put your foot down and demand a machine that will provide the exercise without the pain. Thanks to the Voit LE100 Ergometer, the machine can even be comfortable.

From the chromium-plated flywheel to the special ball-bearing assemblies, the Voit ensures exceptional smoothness as well as the longest possible life.

The seat, with its anatomical shaping, and the extra-wide rear platform for side support, allows for continued comfort no matter how long or how vigorous the exercise.

For that all-important feeling of security when peddling, the frame of the Voit LE100 is formed of a high-strength tubing for rigidity and durability.

Thus the bottom line for the Voit LE100 Ergometer is this: although every attention has been paid to delivering value for the price, quality and comfort have been emphasized over cost.

To order your **Voit LE100 Ergometer** exerciser, send $195* per bike (UPS shipping and handling collect; shipping weight approximately 69 lbs.) to **Fitness Shopper**, P.O. Box 130, Indianapolis, IN 46206. ☐ Check or money order enclosed. Bill to:
☐VISA ☐ MasterCard
Card no. _____ Exp. date _____
Signature _____
Name _____
Address _____
City _____ State _____ Zip _____
*Indiana residents add 5% sales tax. Please allow-4-6 weeks for delivery. C9

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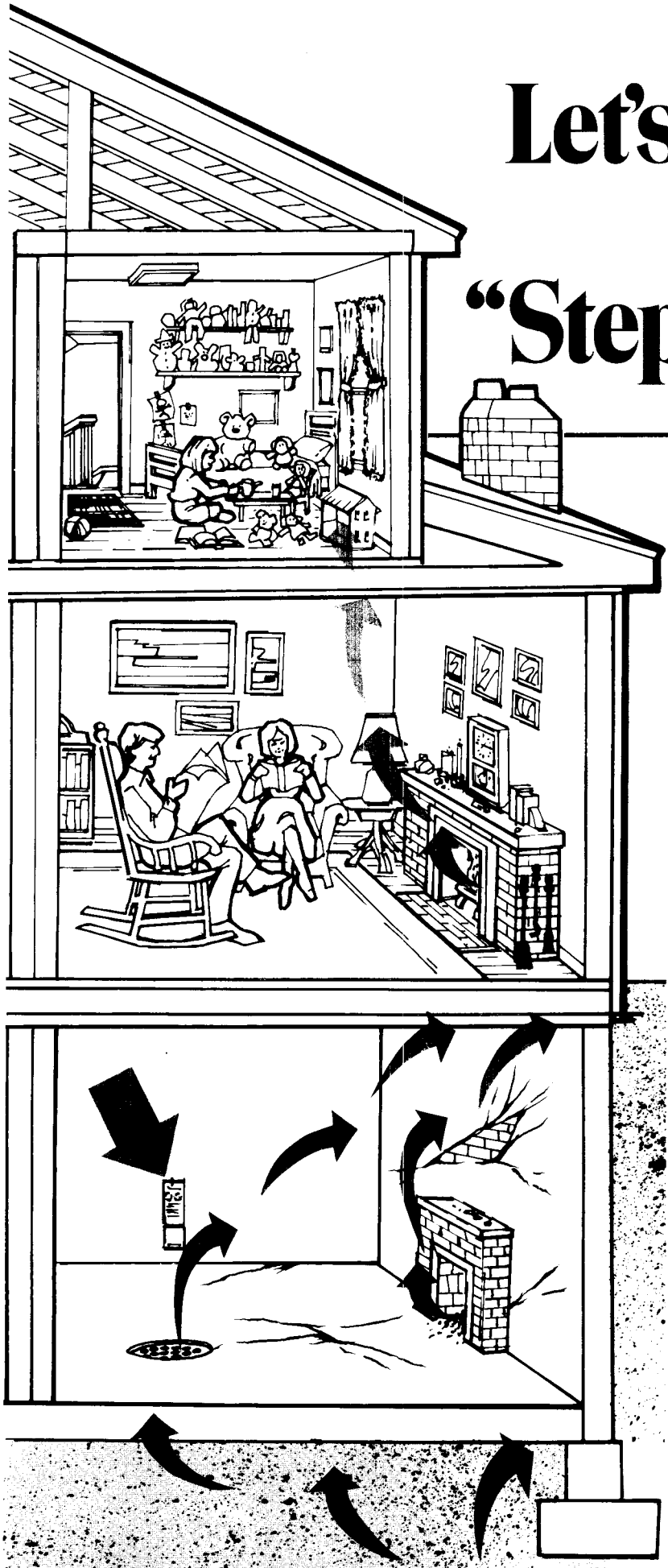


Let's Be Partners and "Step On The Gas"

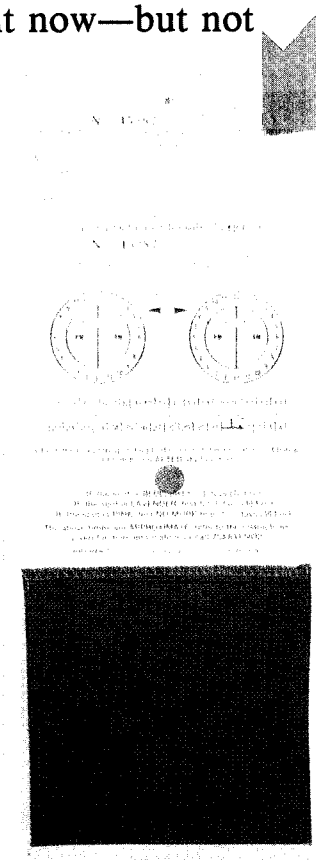
Radon gas sneaks into a house as quietly as a ghost in stocking feet. It's invisible, colorless, tasteless, and potentially lethal.

Not to worry?

That's what *you* think! This undesirable guest may be invading your house undetected right now—but not if The Saturday Evening Post Society can help it!

With your support, we will show our appreciation by sending you a charcoal-activated radon-detection kit. Rivaling the importance of smoke alarms in your house (we *hope* you have smoke alarms), this detector will be left in your house for three days, then mailed off (with $8.95) for analysis.

Radon appears to be responsible for about 13,000 lung-cancer deaths



Your easy-to-install radon detector hangs on the wall two to three inches above your basement floor.

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just possibly to save thousands of nonsmokers from cancer.

annually, according to a recently released study by the National Academy of Sciences.

You say there's no way radon gas can enter your house? Did you know that this stealthy invader slips into a house primarily from soil and rocks? It can seep in through cracks in concrete floors and walls, floor drains, sumps, joints, and tiny pores in hollow-block walls. With your kit you will be sent instructions from the Society for filling in your cracks and for other ways to seal up your home from radon in the event your radon level is high.

More than 200 readers have responded to a *SatEvePost* survey for people who have never smoked who have relatives with lung cancer or have it themselves. We especially urge such people to test their homes for radon.

Should your house test negative—meaning "no problem," which we certainly hope it will—don't feel that your contribution has been in vain. In addition to helping our comprehensive testing program locate radon-gas problem areas, you'll also be contributing to your Society's other cancer-prevention efforts.

Radon gas or no radon gas—only a detection kit will tell. You can't smell it, see it, or taste it. So . . . don't take chances. Mail your contribution in any amount *today*—and your detection kit will be on its way.

The Saturday Evening Post Society

P.O. Box 567, Indianapolis, IN 46206

Yes, I want to test my home for radon-gas contamination. Please send the Society's testing kit. I am enclosing a tax-deductible contribution to help pay for medical research.

My donation: $5_____ $10_____ $15_____ Other_____

☐ Check or money order is enclosed. Charge to: ☐VISA ☐ MasterCard

Card no._____ Exp. date_____

Signature _____

Name_____

Address_____

City _____ State_____ Zip_____

Allow up to 4-6 weeks for delivery. © SEP 1989 MJ9

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HEARTBEAT

The Healthy Heart Report

HOW TO BE YOUNG AT HEART

By Beurt SerVaas, Med.Sc.D., based on publications of Dr. Mildred Seelig

Finland is a small country world famous for its sturdy people. It is also infamous, called by some the "country of young widows" because of the premature deaths of its young men. Finland has the highest cardiovascular death rate in Europe. How so?

In 1957, a credible researcher, J. Kobayashi, first noted that the nature of drinking water might influence the death rates from cardiovascular disease. (Finland is a soft-water-drinking country.) Later, investigators established that deaths in the United States from "coronary" heart attacks in white men 45 to 64 years old were significantly higher in states with *soft* water than in states with *hard* water.

Deaths from cerebrovascular accidents (strokes) followed a similar pattern. Complicating the interpretation of these findings was the fact that ischemic heart disease death rates were higher in urban than in rural communities. To eliminate this factor, coronary death rates from three cities with hard, intermediate, and soft water were compared. The result was startling: more than twice as many heart-attack deaths occurred in soft-water-drinking Savannah, Georgia, as in hard-water-drinking Lincoln, Nebraska. (See study results in chart at right.)

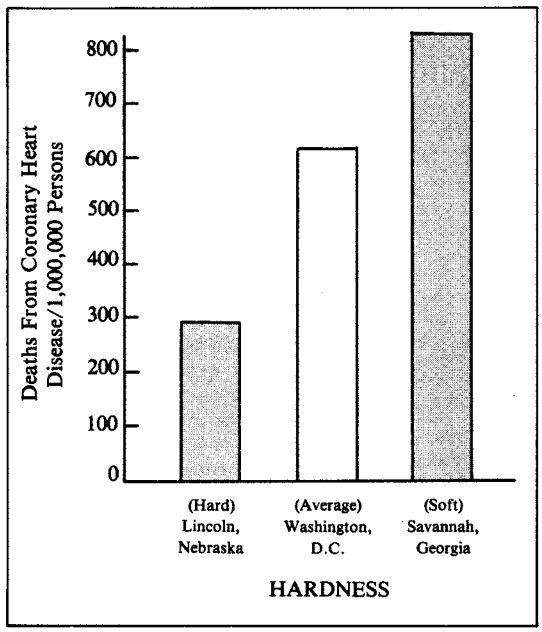
The early investigators also suggested that magnesium in hard water might be useful in maintaining a normal heart rhythm in the presence of ischemia or digitalis toxicity, or in acute alcohol- or diuretic-induced hypomagnesemia (low blood magnesium).

Unfortunately, this early "discovery" was not to be "rediscovered" for another 20 years. In part, the reason was that, usually, hard water's calcium content is many times its magnesium content. In England the average calcium content of hard water is 11 times greater than the average magnesium content. While some scientists were beginning to recognize the protective factors of hard water, most of these investigators accepted the English premise that calcium was the protective factor.

Today, worldwide studies are revealing *magnesium* as the protective mineral ion.

There is evidence developing that the increased sudden death rate among some patients with heart problems given diuretics to treat their hypertension can be helped by adding magnesium-sparing agents.

Magnesium supplements for patients on diuretics are used in Sweden, Denmark, Finland, Norway, France, Germany, South Africa, and Japan. They are beginning to be used for patients on diuretics in the United States. An American pioneer in this area is Dr. John Hollifield of Nashville, Tennessee.



A study of three cities with hard water (Lincoln, Nebraska), average water (Washington, D.C.), and soft water (Savannah, Georgia) reveals a startling contrast in the number of heart-disease deaths among men 45 to 64. Residents of Lincoln with its hard water fared more than twice as well as residents of Savannah with its soft water.

Magnesium intake by Americans has been dropping throughout the century. The typical American ingests 4 to 4.9 mg of magnesium per kilogram of weight per day, in contrast to Asians, who consume between 7 and 10 mg/kg/day. Many Americans, especially in recent decades, tend to have insufficient magnesium in their self-selected diets. It is of interest that populations with a high magnesium intake have a lower incidence of cardiovascular disease.

Magnesium plays a vital role in maintaining the integrity of the heart, kidney, and bone. Deficiency of magnesium causes arteriosclerosis, thrombosis, and myocardial infarction, made worse by excess diet intakes of vitamin D, phosphate, and fat.

Starting in the middle 1930s, state governments began mandating vitamin D fortification of milk. The rise in vitamin D intake began when a sufficient amount (400 IU) to *cure*, rather than merely *prevent*, rickets became widespread. Because the amount of vitamin D needed by most fair-skinned adults is considered so small as to be met by exposure to sunlight and the eating of natural (unfortified) foods, the "toxic" ingestion of vitamin D was yet another 20th-century event possibly contributing to hypertension, high cholesterol, and heart and kidney damage. It is now speculated that adverse effects of hyperlipemia (high blood fat) associated with atherosclerosis (hardening of the arteries) might be contributed to by hypervitaminosis D (much more vitamin D than is required to prevent rickets).

Young women usually retain their dietary magnesium better than young men; young men also require more magnesium by

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To help prevent second heart attacks doctors chose Bayer 4 to 1.

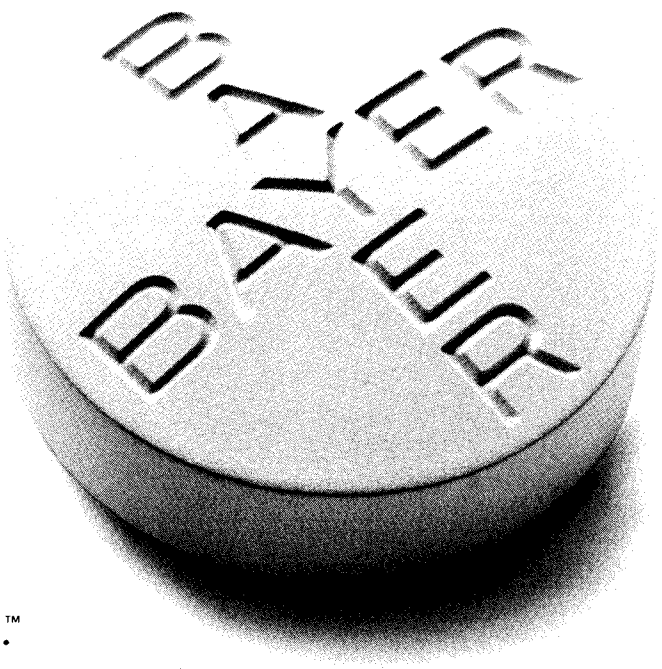
For themselves.

Studies with people who've had a heart attack show a regimen of exercise, the right foods and an aspirin a day could help save lives.

We asked doctors if they'd had a prior heart attack or unstable angina, which aspirin brand they'd take to help prevent a future heart attack. *Doctors chose Bayer 4 to 1 for themselves over any other brand.*

Doctors know no other brand is safer or more effective. Bayer® is pure aspirin. No caffeine. No sodium. And only Bayer has the Toleraid® micro-coating, so it's easy to swallow.

Doctors chose Bayer. Ask your doctor how Bayer can help you.



BAYER

The Wonder Drug That Works Wonders.™

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HEARTBEAT

weight than young women. On this basis, the minimal requirements for a positive balance or equilibrium of 6 mg/kg/day for a 140-pound woman would be 385 mg of magnesium daily; a 185-pound man might require 580 to 800 mg/day of magnesium, or approximately twice as much as his diet normally delivers.

Complicating this picture is the tendency of Americans and Europeans to ingest foods rich in fat, protein, sugar, and phosphorus, all of which increase magnesium requirements. Further, even the alcohol ingested in social drinking (to say nothing of moderate-to-heavy imbibing) dramatically increases the body's need for magnesium.

A recent survey of students from 50 colleges shows that the amount of magnesium students usually get from their self-selected diets is 250 mg per day, which may be half the amount required by young women and as little as one-third of the amount needed by large athletic young men. The Food and Nutrition Board of the National Academy of Sciences currently recommends that young women get a minimum of 300 mg a day, and men a minimum of 350 mg daily.

Logically, one would expect that the heart would hold on to its magnesium because magnesium is necessary to maintain normal rhythm and to protect it from many cardiopathic elements (agents that harm the heart) in our environment. But the heart doesn't retain its magnesium very well. Magnesium shifts into and out of the heart readily as it participates in many heart functions. Thus when there is insufficient magnesium in the blood, as occurs with low intakes, the heart may suffer.

Magnesium deficiency increases vulnerability to stress. It increases the secretion of stress hormones, which then cause further loss of magnesium—creating a vicious cycle—and thereby increases the risk of stress heart attacks.

What to do about the inescapable conclusion that we are not ingesting enough magnesium? Eat more foods high in magnesium. These include dark green leafy vegetables, salmon, sardines, shellfish, beans, nuts, wheat bran, wheat germ, shrimp, soybeans, brown rice, whole-grain oats, and whole-grain barley.

Fats, refined flour, white sugar, and spirits are low or lacking in magnesium. Choice of diet can make a big difference in the daily intake of magnesium. One researcher theorized that the high rate of heart disease in Scotland compared with England is due to the English beer, which contains about 20 times as much magnesium as the whiskey drunk by the Scots. Also, water in Scotland is very soft.

Those who avoid fats and refined carbohydrates and who increase their consumption of fish, whole grains, vegetables, and fruits will increase their daily intake of magnesium and other minerals that affect the functioning of the heart.

If you drink bottled water you should try to find a brand bottled in a hard-water state. If you have a water softener, have the faucets from which you drink excluded from the softened water supply. Hard water is bad for the home's plumbing but good for human arteries.

Calcium and magnesium are the most important minerals in hard water. Calcium and magnesium form soaps with dietary fats in the intestine, thereby protecting against fat-related atherosclerosis.

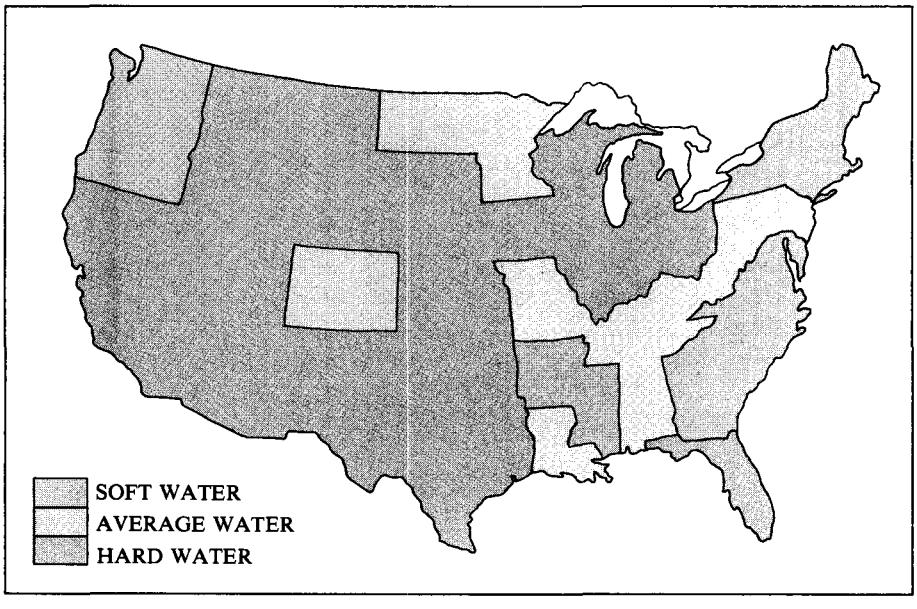
What about magnesium supplements? Anyone who has hypertension or heart disease and takes diuretics that cause magnesium loss should be taking magnesium supplements. Anyone on digitalis drugs, and anyone who has problems with intestinal absorption and who suffers from chronic diarrhea, should probably take magnesium supplements. People who drink too much alcohol should be on magnesium supplements, as should pregnant women, athletes, and muscle builders.

A significant decrease in serum magnesium occurs after a marathon race. In sweating, the body loses many electrolytes. From studies reported in the *Journal of Applied Physiology,* it would appear that magnesium is depleted to a greater extent after a marathon run than some of the other electrolytes and that replacement of magnesium should become a standard precaution for all marathon runners.

The American physician is now being exposed to more information on magnesium; recently, research articles on magnesium have appeared in numerous professional journals, including American and international journals of cardiology and the *American Journal of Clinical Nutrition*, edited by Dr. Mildred Seelig. There are now three professional journals devoted specifically to magnesium.

With so many variables to weigh on (and to confuse) the wary reader, what might be a simple, safe response to the evidence about low magnesium input? The good news is that there are now safe, health-insured ways to supplement the growing lack of magnesium in our available water and nutrition.

Some health observers even say the 1990s will be the decade for magnesium awareness.



Healthful hard water dominates the western half of the United States.

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5 reasons why most Americans may not be getting enough magnesium

Your body's magnesium can be affected by

1. certain medications
2. a diet too high in protein and fats
3. alcohol consumption
4. age (50 or older)
5. an inadequate intake of magnesium-rich foods

Magnesium is a mineral that is essential in maintaining the heart, kidneys, muscles and bones. If you don't think you're getting enough magnesium for any of the reasons above, you may want to *discuss with your physician* the need for a magnesium supplement.

Remember: Not all magnesium supplements are the same. Slow-Mag® contains magnesium chloride, a slow-release form of magnesium that is reliably absorbed and used by the body. Slow-Mag gives you the magnesium your body needs.

Slow-Mag®
(magnesium chloride)

Now available at your pharmacy

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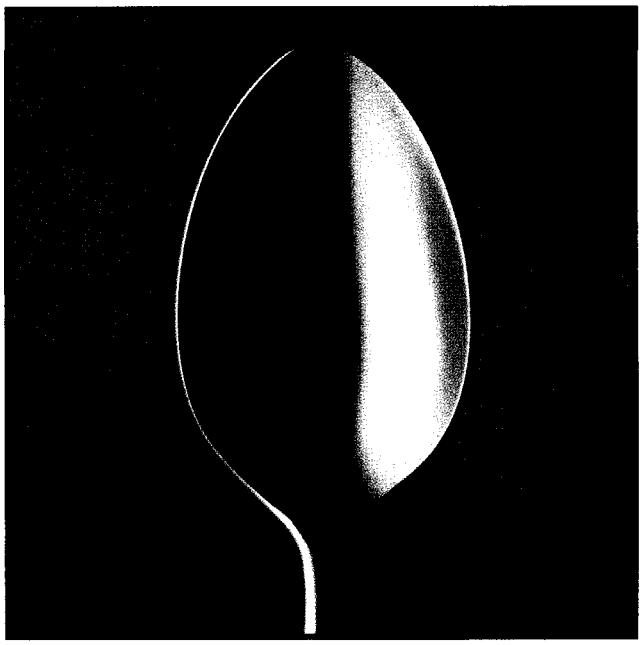

GRAB A WEAPON IN THE WAR AGAINST CANCER.

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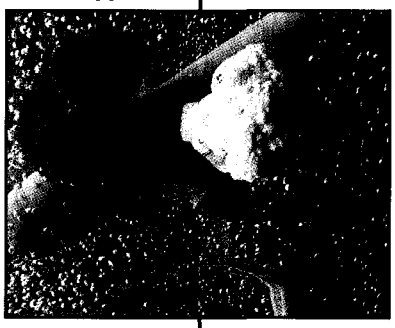
THIRTY PERCENT OF AMERICANS WILL DEVELOP SOME FORM OF CANCER IN THEIR LIFETIMES.

Most people think cancer happens to "other people" but one look at the odds, and you'll know nobody can consider themselves immune. Cancer is the second leading cause of death in the U.S., and there's certainly no disease more feared. If we don't want to lose the war against cancer, we should start using an important weapon: diet.

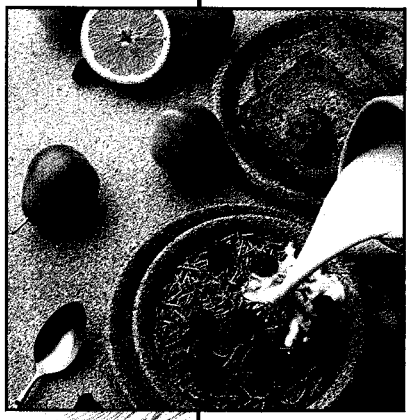


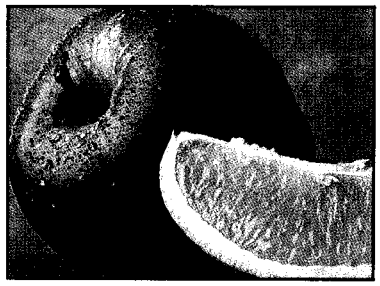
ONE-THIRD OF ALL CANCER DEATHS MAY BE RELATED TO DIET.

If there's a link between some kinds of cancer and diet, then maybe it's time for a change. A healthy diet that may lower your risk of certain kinds of cancer is one that's low in fats and includes fiber from a number of sources, including a variety of fruits and vegetables, and whole-grain and bran cereal. Citrus fruits and vegetables from the cabbage family, such as broccoli and cauliflower, are thought to be particularly good. One very accessible source of fiber is whole-grain and bran cereal, an inexpensive and convenient way to fit fiber into your diet on a daily basis.

SIMPLE DIETARY GUIDELINES FROM THE NATIONAL CANCER INSTITUTE TO REDUCE YOUR RISK:

1. Reduce your intake of fats. Americans normally consume about 40% of their calories from fat. The recommended fat intake is 30% or less.
2. Include fruits, vegetables, whole-grain breads and cereals in your diet on a daily basis. Not only are they high in fiber, but consumption of foods that are high in vitamin C (found in citrus fruits), and vitamin A (in dark green and yellow vegetables) has been correlated with lower risk of some kinds of cancer.
3. If you drink alcoholic beverages, do so only in moderation. Excessive drinking has been linked to increased risk of cancer of the upper gastrointestinal tract.





START YOUR DAY WITH A HEALTHY BREAKFAST.

A low-fat, high-fiber breakfast like whole-grain or bran cereal, fruit, whole wheat toast and skim milk is a healthy start to your day, and may help remind you to eat right all day long. Besides, there's hardly any breakfast easier to fix, even on your busiest morning. When it comes to something as serious as reducing your risk of cancer, how can you say no to something as simple as eating a healthy diet starting with a good breakfast?

This message brought to you by Kellogg's, where a healthy breakfast starts.

For more information on diet and cancer prevention, including a special brochure on fiber and coupons for Kellogg's® cereals, write to: Kellogg's Healthy Life, P.O. Box 1989, Battle Creek, MI 49016-1989. And for more information, call the National Cancer Institute toll-free at 1-800-4-CANCER.

Kellogg's

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GET A TASTE FOR THE HEALTHY LIFE.™

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HEARTBEAT

The Healthy Heart Report

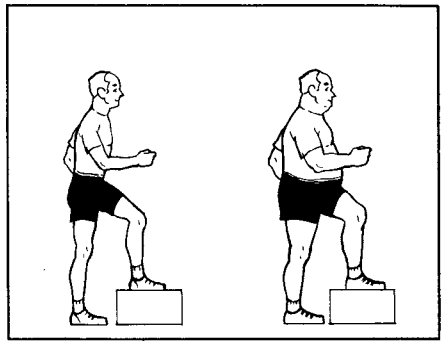
HOW FAST DOES YOUR HEART BEAT?

by Cory SerVaas, M.D.

Or perhaps our title should read, "How *slow* does your heart beat?"

If you're in excellent physical condition, it will be a lot slower than if you're a couch potato. Because most of us want to reduce our heart rates, you might be interested in a conversation overheard at a recent hypertension symposium in Orlando, Florida. Family physicians and cardiologists were assembled to learn more about the heart.

An East Coast clinician asked about a patient of his who had a low heart rate of 31 beats per minute. His patient was a marathoner who ran in Boston and New York marathons. He had been maintaining this heart rate for several years, and the clinician was now asking his colleagues and the panelists if they had any athlete-patients with such extremely low heart rates. A Minneapolis sports-medicine specialist who chaired the session assured the clinician that he too had athletes whose heartbeats were in the low 30s. "The volume per stroke is great in these people," he explained. "The heart is so efficient that there is good oxygen flow to the cells throughout the body."



The Tecumseh Step Test is an easy way to discover your level of fitness.

To know how many times your heart beats per minute, time your pulse at your wrist or the carotid artery in your neck. Count the beats for 15 seconds and multiply by four; or if you like, count the beats for 30 seconds and multiply by two. Whether or not you're pleased with the rate, you might want to see how fit you are compared with others of like age and sex.

The Tecumseh Step Test is an easy way for adults of all ages to determine their general levels of aerobic fitness. It will take only three minutes of your time. Not only will it let you know how you measure up to the population in general, but it will also help you monitor your progress if you're interested in starting a regular exercise program that incorporates aerobic activity.

Named after the Michigan city where the test was originally conducted on a large sample of the population, the Tecumseh Step Test requires a relatively moderate amount of exercise and a platform with a rise of eight inches—the approximate height of most stairsteps.

If your stair or stool is less than eight inches high, adjust its height with a board or solid flat object. It is important that your step be exactly eight inches from the floor.

The exact stepping cadence is crucial, and it takes a little practice to master before you can begin the first test. We teach people to do this with a metronome set at 96 beats per minute. One complete stepping cycle on the box represents four beats on the metronome (up, up, down, down). Two stepping cycles (up, up, down, down; up, up, down, down) represent eight beats on the metronome, or five seconds.

But a metronome isn't necessary: you can have a partner look at the sweep hand on his watch while chanting "up, up, down, down" in a five-

Thirty-Second Recovery Heart Rates

	AGE			
	20-29	**30-39**	**40-49**	**50 & OLDER**
Men		**Number of Beats**		
Outstanding	34-36*	35-38	37-39	37-40
Very good	37-40	39-41	40-42	41-43
Good	41-42	42-43	43-44	44-45
Fair	43-47	44-47	45-49	46-49
Low	48-51	48-51	50-53	50-53
Poor	52-59	52-59	54-60	54-62
Women				
Outstanding	34-42*	39-42	41-43	41-44
Very good	43-44	43-45	44-45	45-47
Good	45-46	46-47	46-47	48-49
Fair	47-52	48-53	48-54	50-55
Low	53-56	54-56	55-57	56-58
Poor	57-66	57-66	58-67	59-66

*Thirty-second heart rate is counted beginning 30 seconds after exercise stops.
Based on information in H.J. Montoye, *Physical Activity and Health: An Epidemiologic Study of an Entire Community* (Englewood Cliffs, N.J.: Prentice-Hall, 1975).

Compare your performance with the average values obtained from a large sample of the population of Tecumseh, Michigan.

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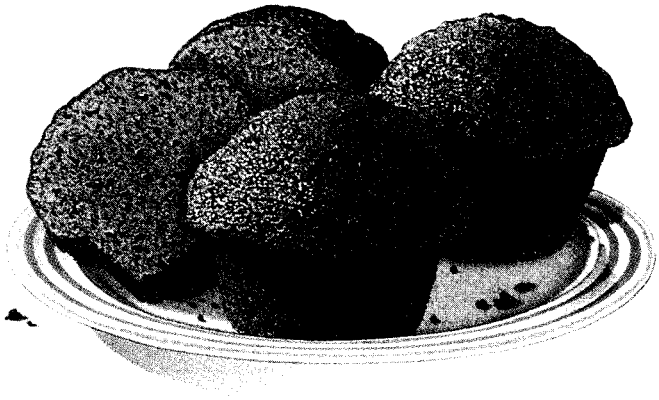
A spoonful of Metamucil

has as much soluble fiber as this plateful of oat bran muffins.



Surprised? If you've been trying to get more soluble fiber by eating oat bran muffins, you probably didn't know that you can also get it by taking Metamucil. That's right. Metamucil is natural soluble fiber—the same kind of fiber that makes oat bran so beneficial.

As a matter of fact, many doctors recommend taking Metamucil on a regular basis as a fiber source. It provides the extra fiber many people need to stay regular safely and naturally. (Unlike harsh chemical laxatives that use stimulants to shock your system into action.)

While you can and should include high-fiber foods in your diet, soluble fiber can be hard to get. In most foods, it occurs only in small quantities. Even oat bran is only 15 percent soluble fiber.

Metamucil is much more concentrated.

Ounce for ounce, Metamucil contains five times the soluble fiber of oat bran. So you'd have to eat on average nearly three oat bran muffins or two bowls of oatmeal to get all the soluble fiber in one spoonful of Metamucil.

And a spoonful of Metamucil mixed in a glass of water has only 30 calories per serving (only 5 if you prefer sugar-free Metamucil with NutraSweet).

Medical researchers are finding out more good news about soluble fiber every day. So why not consider adding Metamucil to your daily regimen?

Natural Soluble Fiber Metamucil. It can make a daily difference in your health.

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HEARTBEAT

second span, and you'll have the proper cadence. If you don't have a partner or a metronome, you can synchronize your own cadence by using a clock that has a second hand. Use the clock or a timer with an alarm to start and stop yourself. It's easier to have a partner start and stop you.

Exactly 30 seconds after stopping your three-minute test, take your pulse for 30 seconds. The number of heartbeats, from 30 seconds after stopping to 60 seconds after stopping, is your heart-rate score. To see how you compare in cardiovascular fitness with others of your age and sex, refer to the table on the previous page.

This is your Tecumseh 30-second recovery heart rate. Multiply it by two for your rate per minute.

A low heart rate during exercise and a small increment in heart rate with more vigorous exercise usually reflect a high level of cardiovascular fitness. With a large stroke volume, more blood can be pumped with each heartbeat, and thus, a smaller increase in heart rate is required to deliver the oxygen-containing blood to the exercising muscles.

A marathoner with a heart rate of 31 would have a minimal increase in his rate after the three-minute test. A sedentary office worker would have a much greater increase in heart rate, and the recovery to normal heart rate would be far slower.

Once you've made the decision to faithfully follow a regular exercise program stressing aerobic and cardiovascular fitness, you can use the step test to monitor your improvement and progress. Over time you'll notice that as your circulatory system becomes more efficient in delivering blood and oxygen, the resting heart rate as well as the heart rate in the recovery after exercise will decrease.

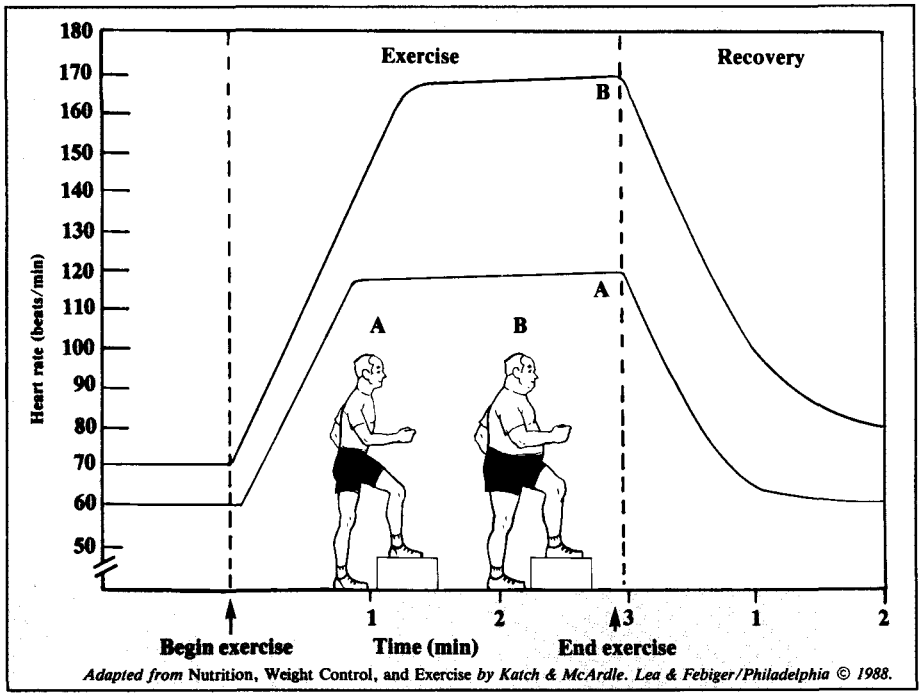
You should have a good physical examination before embarking on an aerobic program. Dr. Ken Cooper, who ushered in the aerobic era, lists three options for aerobic activity. He writes: "Just about anyone, regardless of age or sex, can engage in safe and effective aerobic exercise by using one of these approaches: (1) jogging two miles in less than 20 minutes, four times a week, (2) aerobic dancing for 30 minutes three times a week, (3) walking three miles in 45 minutes, four to five times per week."

Before you exercise, always spend a minimum of three to five minutes in a stretching type of warm-up. See page 55 for directions.

Dr. Cooper warns that "starting too vigorously into an exercise routine may be damaging to the cardiovascular system. Several studies have shown that starting too fast may result in irregularities of the heartbeat or an insufficiency of the blood supply to the heart muscle, even in the presence of completely normal coronary arteries. Many times I have tested patients with heart disease characterized by exercise-induced chest pain (angina pectoris). Almost invariably, when these people warmed up adequately before beginning to exercise, they could do greater physical work before chest pain occurred."

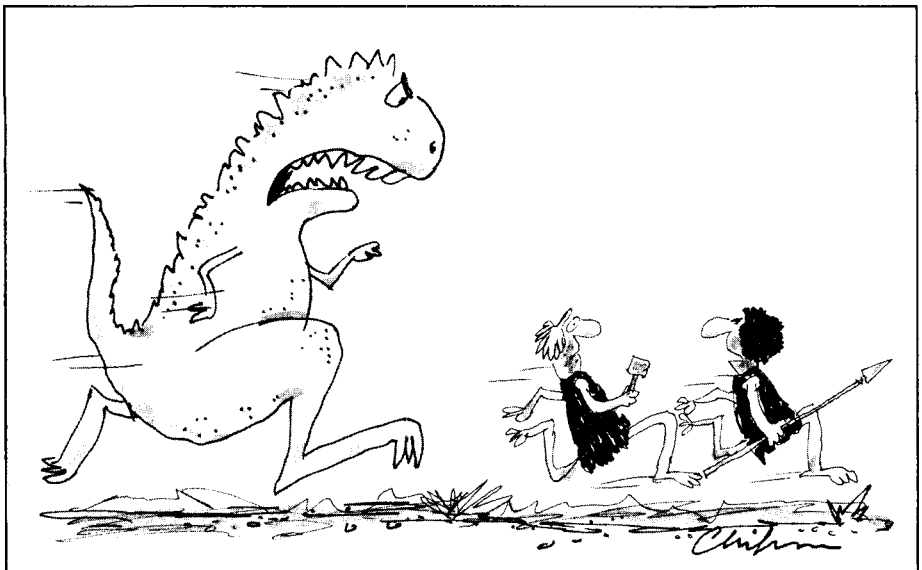
At the Aerobic Institute in Dallas,

continued on page 112



Adapted from Nutrition, Weight Control, and Exercise *by Katch & McArdle. Lea & Febiger/Philadelphia © 1988.*

Heart rate response of an athlete and a sedentary officer worker during a stepping exercise and in recovery. Note the faster recovery of the athlete's heart rate at 30 seconds.



"How many times do I have to remind you that fast food is bad for you?"

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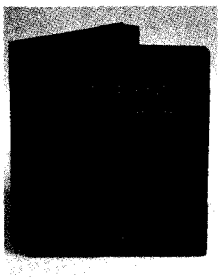

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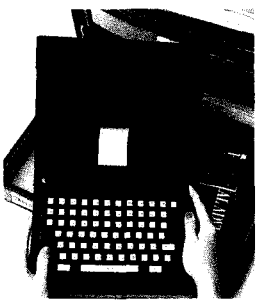

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MEDICAL MAILBOX

by Cory SerVaas M.D.

You will observe with concern how long a useful truth may be known and exist, before it is generally received and practiced on.—*Benjamin Franklin*

Great Options for Gallstones

About 500,000 gallstone surgeries are done every year in the United States. Changing from surgery to lithotripsy or ether drip for removing gallstones will make a tremendous difference in the number of hospital beds being used for this common-nuisance surgery. More important, new options are alleviating a great deal of pain as well as the risks of surgery and general anesthesia for patients with stones.

Following recent gallstone surgery, Gloria Kindy told us, "I'll be off work six weeks. I was in a great deal of pain immediately postoperatively. I was on a morphine drip for two to three days and then took narcotic pills for about the next week. I still have occasional pain with movement, with climbing steps, or with walking."

Peter Michael

(Left) Doyne Marks, who had lithotripsy to remove her gallstones, felt no pain. It is expected that lithotripsy for gallstones will become an office procedure. (Right) Gloria Kindy's doctor told her that insurance companies don't cover gallstone lithotripsy yet, so it wasn't a viable option for her. Her post-op pain required a morphine drip for two or three days and narcotic painkillers for another week.

Contrast her case history with that of Doyne Marks, whose stones were removed by lithotripsy. She told us, "The procedure was not painful at all. You could feel a sensation, but there was no pain during or afterwards. If necessary, I could have gone back to work that afternoon.

"I learned about the gallstone lithotripsy through *The Saturday Evening Post*. I called Methodist Hospital in Indianapolis, and they kept in touch with me until the machine was up."

Since Doyne Marks' procedure, the total of hospitals that have their gallstone lithotripsy equipment up and running has risen to ten. To date, 600 patients in the United States have had their gallstones removed without incident with the lithotripsy equipment.

Dr. Johnson Thistle at Mayo Clinic has been using another alternative to gallstone surgery for a number of years. Ether is injected into the gallbladder to dissolve the stones. Mayo Clinic has relieved about 90 patients of their stones by this method, which has recently been adopted at the Indiana University Medical Center by Dr. Robert Hawes.

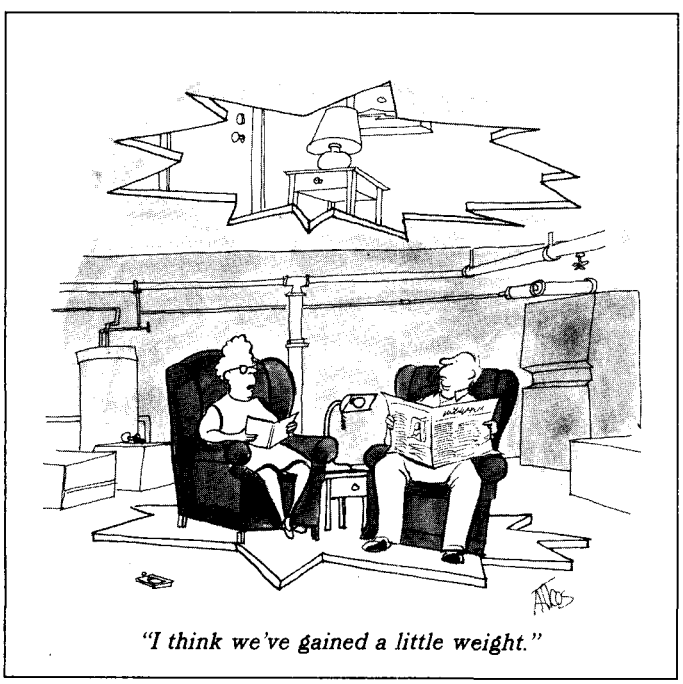
Jo Ann Hamilton, who faced the prospect of gallstone surgery, said, "I really didn't want surgery. I have a sister and a mother who had the operation, and I knew what they went through. They both had hard times with it." Offered the option of ether therapy, she jumped at it. After several days in the hospital, all but a fraction of her 12 gallstones had been dissolved. A remaining fragment was treated with lithotripsy.

"I feel really good now," she told us.

Gallstone fatalities can't be ignored. Gallstones account for 5,000 to 8,000 deaths and a cost of more than $1 billion annually in medical costs and recuperation time in the United States. For this reason we hope the clinical trials at the ten hospitals will soon satisfy the FDA and that they will make as quick work of approving lithotripsy for gallstones as they did for kidney stones.

Health insurance companies would do well to pay for the less expensive lithotripsy for their patients even though some policies do not require them to pay for procedures still in clinical trials. This will no longer be a roadblock when the FDA approves the procedure. Many insurance companies already pay for lithotripsy when they discover the savings.

Readers and their physicians may request further information about lithotripsy and other alternatives to surgery by writing to the *Post*. A list of the hospitals now doing gallstone lithotripsy appeared in the October '88 *Post*.



"I think we've gained a little weight."

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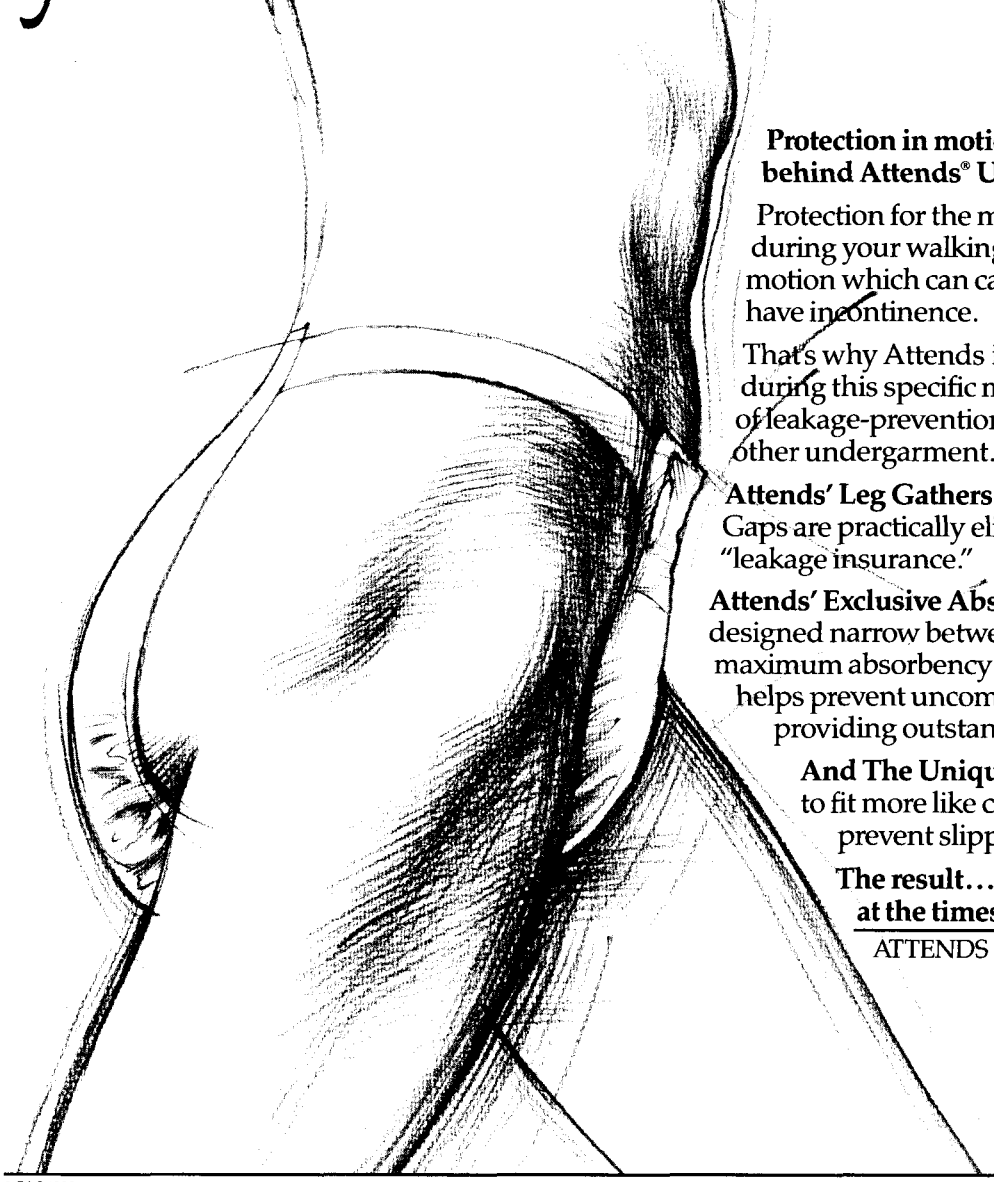

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PROTECTION IN MOTION

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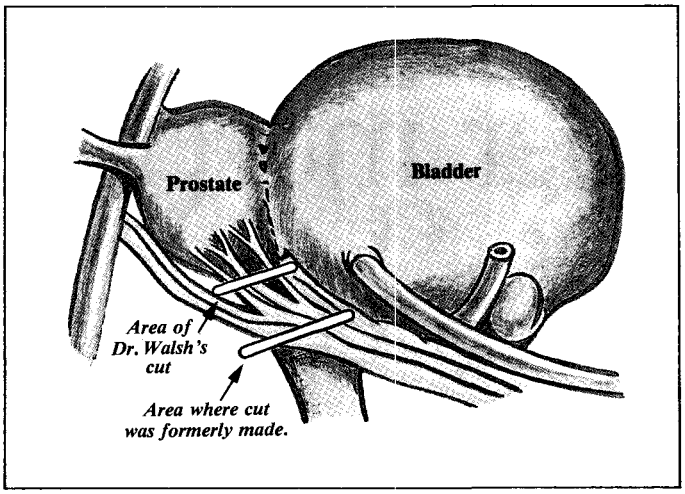

A surgery technique developed by Dr. Patrick Walsh avoids cutting the nerves that control erection. With this improvement, men who lose their prostates to cancer surgery are more likely to maintain their potency, as well as urinary and bladder control.

Life Goes On

Dear Dr. SerVaas:

Another letter! I feel fortunate that we were given a subscription to *The Saturday Evening Post* for Christmas so I know about your column!

I have a close friend whose 81-year-old father just had prostate surgery for cancer removal. He is a lawyer and very active, manly, etc. Now he feels life is over for him, even though they tell him they got all the cancer. But he is depressed and will not accept that he is just as much "man" as he ever was and that his wife, children, and grandchildren love him just the same. But he feels robbed of his "manhood," etc. He won't respond to therapy, etc.

Is there a book or an article(s) in your magazine or an other that might help him—inspire him, etc.? If so, please write and let me know. Thanks.

Dottie Vandagriff
Fort Worth, Texas

"Have you seen the videocassette of my operation?"

There is life after prostate surgery just as there is life after breast surgery. Surgery for prostate cancer can now be done in a way that retains the nerve supply so that the man can continue to have an erection and not lose his ability to hold urine. This is a blessing for all men who will undergo prostate surgery. The technique was developed by Dr. Patrick Walsh at Johns Hopkins.

There are a number of good people who work with depression in ways that have been most promising. I like particularly the work that's been done by Dr. John Greist at the University of Wisconsin, where he has even senior citizens running and doing exercise. Working aerobically and getting out of breath seem to stimulate the release of endorphins, which give one a feeling of well-being. In this way, physical exercise fights depression.

If running might be traumatic for the joints of your friend's father at his age, swimming would be a very good way to work to exhaustion. He would, of course, want to check with his physician to make sure that his heart is O.K. for aerobic workouts. Dr. Ken Cooper, at the Cooper Clinic, in Dallas, Texas, will outline a diet and exercise program for people of all ages and all physical conditions.

Dear Dr. SerVaas:

You must inform your readers about this prostate operation. I have three friends who had prostate cancer and had the operation at Johns Hopkins Hospital in Baltimore—this is a new operation—and they can have sex 12 to 18 months later. (Dr. Patrick Walsh is doing the operation.) I'm sure they are doing the operation at several big hospitals across the country.

A phone call to Dr. Walsh will verify this.

P.S. Dr. Walsh offered to show one of our local urologists how to do the operation, but he refused to make the trip to Baltimore.

Peggy Miller
Williamsport, Pennsylvania

The Perfect Squelch

The speaker related an episode of a 101-year-old gentleman who was in excellent health except for a problem with his right knee. He went to the doctor, who told him, after asking his age, that this is the kind of thing you need to expect because it's a part of getting old. The patient stood up rather indignantly and said, "Doctor, I have two knees. My left knee is just as old as my right knee, and my left knee isn't suffering from being old. I'd like to know, if what you say is true, why isn't my left knee suffering from being old?"

Against the Grain

Dear Dr. SerVaas:

I read in *The Saturday Evening Post* of the importance of having oats, wheat, barley, and rye in the diet. Some years ago a friend ordered a formula diet recommended through a magazine. She sent for it, and her digestive problem was taken care of.

My husband tried the same diet formula, but it didn't work. Last June, after three months of extensive tests, we

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found out he had to go on a gluten-free diet. He has celiac sprue disease, and he can eat no oats, wheat, barley, or rye. That eliminates your usual kinds of flour—he can have rice, buckwheat, potato, corn, soybean, tapioca, and arrowroot.

On October 21 he had emergency heart bypass surgery followed by a stroke. My husband has come a long way back with extensive therapy, but I could sure use recipes for his diet. We can have potatoes, vegetables, meat, and fruits. But we're limited in many store products.

Minnie Roorda
Pella, Iowa

We're printing your letter because it certainly brings out the point that the right diet for one person isn't necessarily right for another. It's very important to study the problem. We're glad your husband learned his correct diagnosis; the celiac sprue recipes are on the way.

We're sorry to hear of the stroke that followed his bypass surgery. Did your husband have blood transfusions during the surgery? The Presidential Commission on the HIV Epidemic recommended that everyone who received a blood transfusion after 1977 be tested for HIV. If your husband received blood and hasn't been tested, this may be done at public-health clinics in most states at no cost. You may have to go to Des Moines to find a free clinic. However, your Pella doctor can draw blood and mail the serum to a laboratory.

We have had numerous letters from persons who have contracted AIDS from blood transfusions. Tragically, these people have often had to suffer needless invasive tests, have sometimes been given drugs that could harm an AIDS patient, and have been deprived of early treatment for AIDS. The level of suspicion is less in states like Iowa, where there is a low incidence of AIDS, but donor blood from high-risk states has been known to be shipped into states with low risk. For this and other reasons, the President's AIDS Commission recommended that everyone who had a transfusion after 1977 be tested.

The Estrogen Question

Dear Dr. SerVaas:

I hope you can help me make the right decision as to whether to take hormone replacements or not.

I am 64 years old. At age 43, I had a complete hysterectomy and took estrogen for eight years. Every female in my generation (plus one brother) and my mother's generation has died of cancer, mostly of the breast, but two had uterine cancer.

My gynecologist says recent studies show estrogen is very important in the prevention of osteoporosis, is beneficial in maintaining a healthy cardiovascular system, and may even play a part in preventing cancer. He wants me to take estrogen.

My internist says he is very much aware of the benefits of estrogen, and that my body shows signs of estrogen deficiency, but he could never bring himself to prescribe them because of my family history of cancer.

I think I would feel better if I could take estrogen, but have a fear of doing anything that might contribute to breast cancer.

Where do I go for the answer?

Anice Ward
Prescott, Arkansas

I would side with your internist and would be afraid to prescribe estrogen supplements because of your family

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history of breast, uterine, and other cancer.

At some time in the future, you might be interested in participating in an upcoming study of women at high risk of developing breast cancer. The study will provide prophylactic treatment with an estrogen-blocker called tamoxifen. This drug has been successful in treating women with estrogen-receptor-positive breast tumors. Some cancer researchers are thinking of doing studies to find out whether fewer women at high risk would develop breast cancer if they took tamoxifen while they were well and before the first lump appeared.

We're collecting names of high-risk persons like you so that *if* this study begins, we will be able to notify you and put you in touch with the research site looking for volunteers.

If you take adequate amounts of calcium and magnesium and do weight-bearing exercises every day, you will help prevent osteoporosis and maintain a healthy cardiovascular system. The body doesn't metabolize calcium properly if it is magnesium deficient. Avoiding nicotine and caffeine may help keep your bones from becoming porous too.

Spare the Babies

Dear Dr. SerVaas:

Recently, I have been reading editorials about public heat put on officials advocating repeal of the premarital AIDS testing law. An often-used argument is that too few infected (and infectious) people were discovered in 1988.

There are other testing programs mandated by state government which compare unfavorably with premarital HIV testing, but no cry arises for their repeal. I refer to four out of five of the tests performed on newborns.

Here are the incidences for the various tests done on newborns in Illinois in 1988.

Test	*Approx. Incidence*
Biotinidase deficiency	**None in about 180,000**
Galactosemia	**1 in 45,000**
PKU	**1 in 11,250**
Congenital adrenal hyperplasia	**1 in 10,588**
Premarital HIV infection	**1 in 6,000**
Hypothyroidism	**1 in 2,903**

Who among the editors or public health officials of Illinois would call for repeal of any mandatory test with less frequent positive results than premarital HIV testing?

Logic is a dangerous tool to use in political arguments.

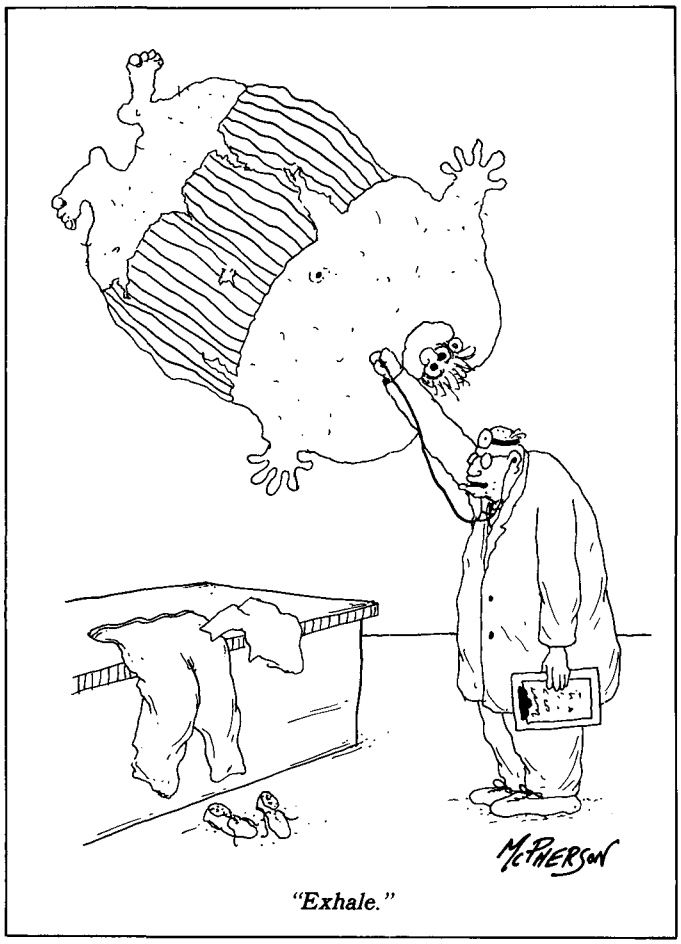
Cal Skinner, Jr.
Member, Illinois AIDS Advisory Council
Crystal Lake, Illinois

Your points are well-taken. We understand that 28 cases of AIDS have been discovered in the premarriage testing program in Illinois since the program began in 1988. Isn't it about time for other states to take a second look at the results in Illinois? If these tests could be done efficiently through blood banks or through commercial laboratories such as the military uses (Damon Laboratories, for example), they could be accomplished for $4-$5 per test. Surely preventing AIDS in the newborns of the 28 couples detected would warrant spending money to test marriage-license applicants routinely (not to mention the future partners who would avoid infection).

In Indiana the public accepts routine premarriage rubella (German measles) testing of all female marriage-license applicants. This is to help prevent birth defects in babies born to women who didn't know their immune statuses. All women susceptible to rubella should be vaccinated three months before conceiving babies. Shouldn't we similarly try to prevent the birth of babies with AIDS?

This society worked hard to help our readers understanc the mental retardation in undiagnosed babies born witl galactosemia. Identifying these infants at birth is a god send for the parents who must suffer with a retarded chilc and its early demise. Without routine testing, some parent would have to lose one or more children to the disease be fore this rare affliction would be suspected as the problem

Galactosemia is present in only one in 35,000 to 45,00(births, but we test all babies. AIDS is now being reportec in 5 percent of mothers giving birth in Newark. Two to 3 percent of young people tested at clinics for treating sex ually transmitted diseases in St. Louis and Kansas City are positive for the AIDS virus and are capable of transmitting it to future spouses or children. How long should we wai to take action to help prevent the spread of AIDS?



"Exhale."

Herpes Weapon

Dear Dr. SerVaas:

My ophthalmologist told me that you had researched the use of lysine as a weapon against the cold-sore herpes virus and that you could possibly send me some information regarding the effectiveness of using lysine and any possible adverse effects that might occur from using lysine.

I have a very severe case of this herpes virus in my eye and would appreciate very much any information you

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might be able to send me about this condition.

Name withheld
Montgomery, Alabama

I referred your letter to Dr. Stephen M. Johnson of the Midwest Eye Institute of Methodist Hospital, Indianapolis, Indiana. He responds:

"I am aware of four double-blind placebo-controlled trials of oral lysine in the treatment of recurrent herpes infection. Three of the studies demonstrate a beneficial effect in regard to decreasing the number of recurrences and lessening the symptoms of infection. The actual healing time does not seem to be shortened with lysine use.

"No significant side effects were reported in these groups with the dose ranging from 300 mg to 3 grams of lysine daily. A typical dosage regimen would be 500 mg three times daily. No adverse effects were noticed. It is important to note that patients with oral or genital herpes were studied. There has been no study of the efficacy of lysine in ocular herpes.

"It would not be surprising to find that recurrent herpes-simplex infection in the eye would similarly respond to oral lysine. However, ocular herpes infection, specifically keratouveitis, is more complex than dermal or oral herpes. Often the most significant problems are the aftereffects of actual viral replications rather than viral replication itself. Inflammations of the iris and cornea are examples of this. In these situations lysine would probably not be of benefit. To be sure, there are patients who find true recurrent herpes a very significant problem."

Dear Dr. SerVaas:

After a lengthy stay in a hospital, I developed a severe outbreak of herpes around my nose and upper lip. In time it did heal, but I was having trouble with my left eye. The ophthalmologist I went to found herpes in the eye, and after extremely expensive medication and many frequent visits back to the doctor, he determined the staining was gone. When it was over he told me it could have blinded me, so I was grateful indeed that I was cured. I have had a second attack of the virus and understand that it can be arrested but can always recur. Stress seems to be a prime suspect in recurrence.

My question to you: do you feel L-lysine would help in keeping the virus at bay? In what form and where can I obtain L-lysine? I have read many times about the product in your articles but did not retain the information. Your answer will be appreciated.

Donna Campbell
Whittier, California

Lysine is inexpensive and it is readily available at supermarkets and drugstores. Copies of previous articles are being forwarded to you. Also please note the preceding response by Dr. Johnson.

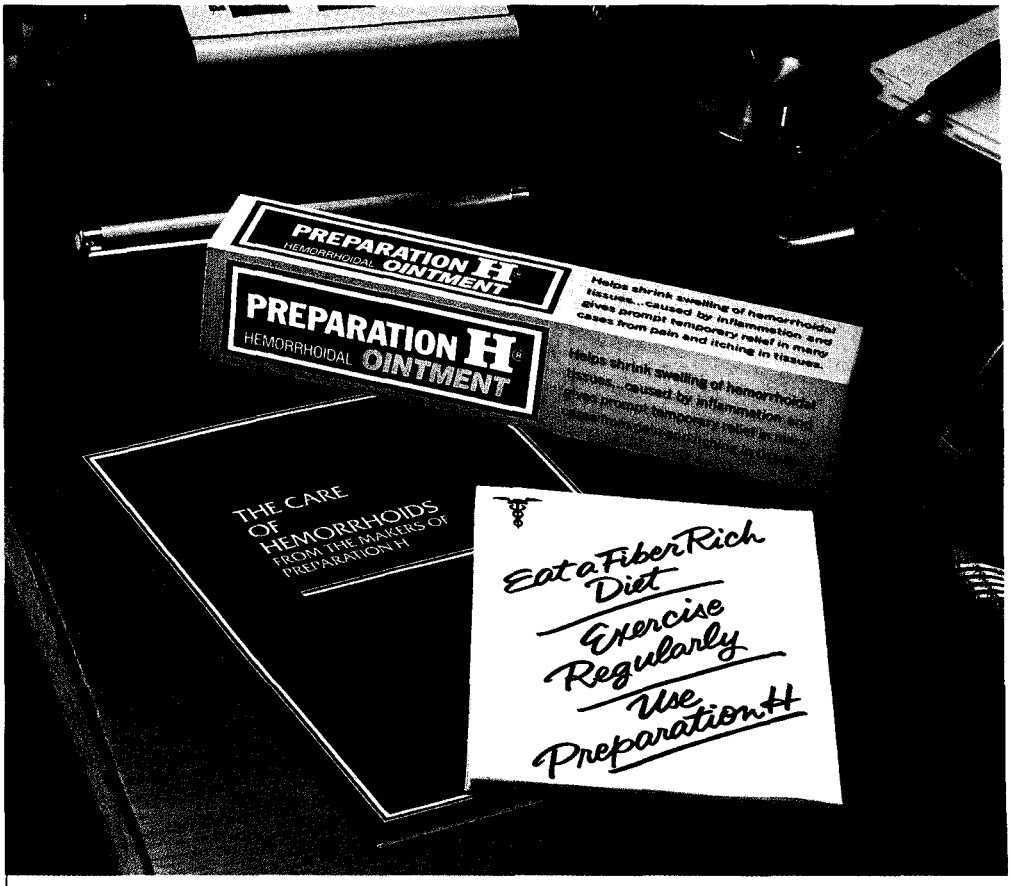
Apple Assurance

Dear Dr. SerVaas:

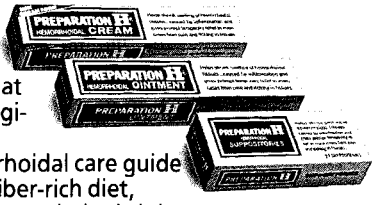
I know apples are a great source of vitamins, but all this talk about Alar has me worried. Any advice?

Jackie Browning
Baltimore, Maryland

We posed your question to Mott's, and we were assured that that company has had an Alar ban since 1986. Mott's is calling for the establishment of federal pesticide tolerance levels that are safe for everyone. Gerber told us they haven't used apples with Alar for seven years.



Preparation H.
When your doctor says you don't need surgery.



If the agonizing pain and burning itch of hemorrhoids makes you feel you might need surgery, the very first thing you should do is see a doctor. Most likely, your doctor will tell you that your problem is not that serious and a simple regimen of care can alleviate the problem.

Thousands of doctors distribute this hemorrhoidal care guide from the makers of Preparation H. It advises a fiber-rich diet, regular exercise, and, for flare-ups, Preparation H to help shrink the swelling of hemorrhoidal tissues and often provide temporary relief of pain and itch.

Don't suffer the pain of hemorrhoids or the anxiety of surgery. Consult your doctor today.

Doctor recommended
PREPARATION H
Cream, Ointment, or Suppositories
Use only as directed

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Cancer Prevention

continued from page 54

weaker linkage to smoking than others. But I think that the overwhelming predominance of lung-cancer cases that we have in this country are linked etiologically to smoking.

Dr. S: I think it was the EPA that suggested we might prevent 15,000 to 18,000 cases of lung cancer a year if we could control radon levels.

Dr. B: You might. The other advice we would give to somebody living in a radon zone is not to smoke.

Dr. S: What about the monoclonal antibodies that you mentioned for cancer therapy?

Dr. B: I think that monoclonal antibodies, genetically engineered antibodies and related things, will become very important components of both diagnosis and therapy for the future—both alone and also as linkage molecules to either certain types of toxins or to certain types of radioactive substances.

So you can depend on the concept that they will be important parts of medicine, either diagnostically or therapeutically. And I think that they are an interesting innovation, and what many people may not be aware of is that these tools of genetic engineering allow new generations of antibodies created by taking something from one antibody, a certain region or binding domain, and genetically engineer it to be attached to another kind of backbone. So you have a molecule that essentially is genetically engineered and stitches together two different disparate kinds of activities so we have chimeric molecules.

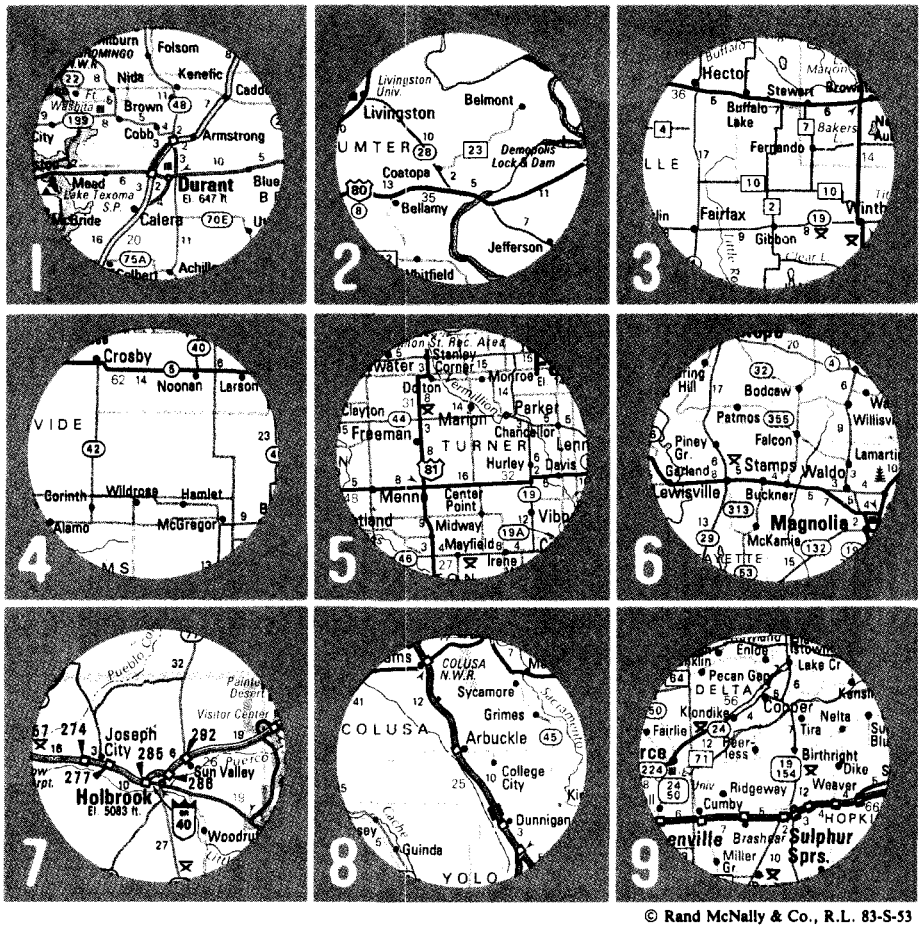
Many words in medicine have Greek roots. The "chimera" was a mythological monster with parts of several animals: a lion's head, a goat's body, etc. We've done similar creative designing in our genetic engineering.

But anyway, the point I'm raising is that we have chimeric molecules where you take something from a mouse and you may link it to a human "backbone" and create chimeric molecules. For example, in AIDS, where we took the CD4 receptor which binds to the virus and engineered it so that it's on a human immunoglobulin backbone, we created the genetically engineered neutralizing antibody. That kind of technology is going to become more and more common, and what I call designer antibodies are going to be more and more common. People will be able to create and synthesize antibodies using the tools of genetic engineering that allow a mixing and matching much as one might put on a wardrobe.

• • •

We asked Dr. Broder to expand on his earlier remarks about breast cancer. He suggested that at some time in the future it might be time to do double-blind studies to determine whether an estrogen blocker might prevent some high-risk women from developing breast cancer. (Women who have two relatives with breast cancer are considered to be at high risk.) In the July/Aug. issue we will discuss this in Part II of our interview with Dr. Broder.

(continued next issue)



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 112)

That-a-Way

continued from page 16

the dugout to home plate, using a bat as a cane. His wife said he cried that night and most of the next day.

Ten days later Ruth was admitted to Memorial Hospital. He asked why he had been taken to a cancer hospital, and doctors convinced him that other patients were treated there as well. On July 21, Ruth was so ill that a priest administered the last rites. But five days later he showed up at the premiere of a movie, *The Babe Ruth Story*. He was supported on both arms and was so weak that he had to leave halfway through the film.

On August 12 the story of Ruth's

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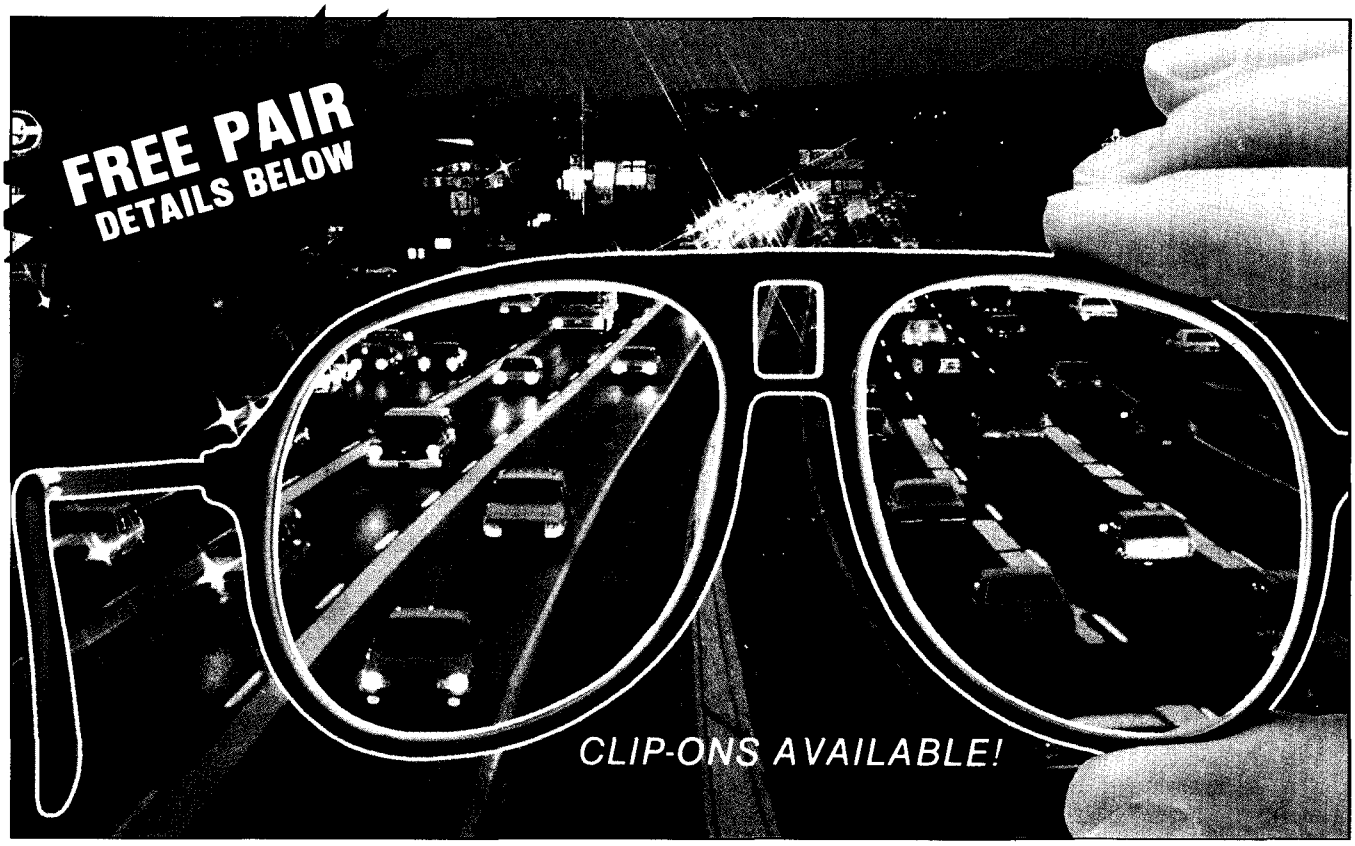

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condition—which had been followed regularly in the press for a year and a half—moved to the front page with the announcement that the ballplayer was critically ill. Medical updates were released three times a day, and hundreds stood vigil outside the East Side hospital, including dozens of children who weren't even old enough to have seen their idol play ball. Taxi drivers would stop in front of the hospital and run inside to get the latest word. More than 15,000 messages and telegrams poured in. Many were from people Ruth had visited when they were in the hospital, like 17-year-old Margie Reardon of Paterson, New Jersey, who wrote, "Dear Babe, you told me to put up a good fight. Now, I hope you'll do the same thing. You are in all our prayers."

On the morning of August 16, Ruth, who had grown less bitter and more resigned, told one visitor, "Don't come back tomorrow. I won't be here." That evening, at 6:45, he suddenly got up out of bed and started to walk across the room. The doctor led him back to bed and asked, "Where are you going, Babe?" Ruth replied, "I'm going over the valley." At 7:30, he fell into a coma, and a half hour later he died.

An estimated 77,000 people passed by his closed coffin at Yankee Stadium. A few days later 75,000 lined Fifth Avenue in the rain for his funeral at St. Patrick's Cathedral, and another 100,000 watched the procession to Westchester County, where the Babe was buried in Gates of Heaven Cemetery.

Her Son

continued from page 28

Mrs. Quayle believes.

Still, all the flak is part of politics, she observes: "You have to take it and go on."

And the flap over Dan's grades? "I always felt Danny's grades were good," she says. "Things came relatively easy for him."

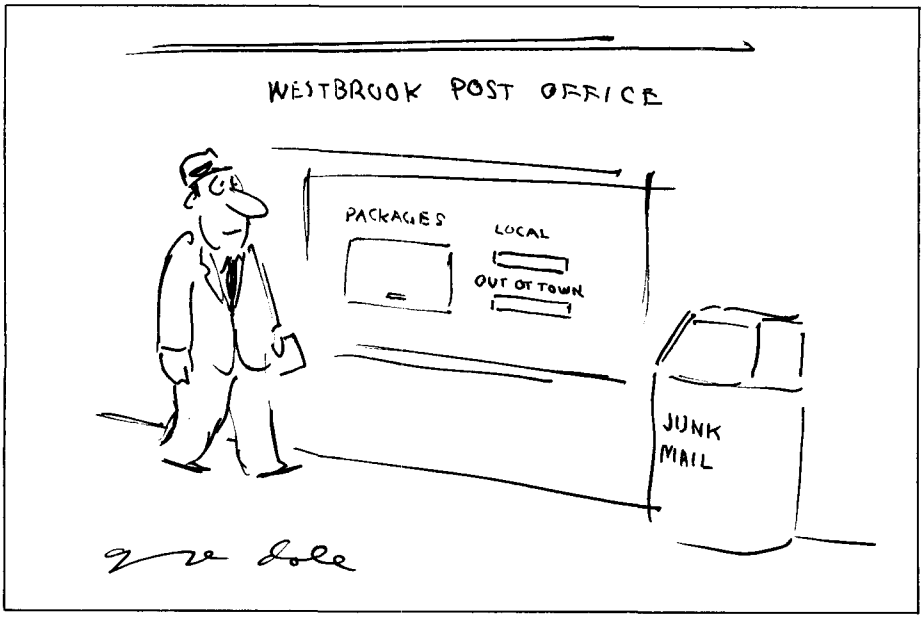
And about the National Guard? "The thing about it was, it was a non-story," she says. "They [the media] blew it out of proportion. They made far too much over it." And, she adds, her husband wouldn't let Dan or anyone else escape the draft.

But that was 20 years ago, and now an exciting future lies ahead. Dan likes his new role, she says: "He relates well to people and communicates well. In getting along with people, he's A-1."

While growing up, Dan was extremely active, she recalls: "If he was in the house very long he would say, 'Let's fish or play golf.' " He also liked basketball and football. If he had to stay inside, he preferred reading the newspaper to listening to records or watching television. He's like her husband, Jim—he's full of nervous energy, and he inherited his father's likability. "He's someone you like. People gravitate toward him," she says.

She remembers Dan having a caring attitude even when he was a child—how at age eight he pitched in and helped while his father was ill and at age ten what a great aid he was when the twins were born.

Mrs. Quayle views Dan's vice presidency as a gift because he has such qualities. "It's a gift to the country," she says. "I really feel that way."



Jane Seymour

continued from page 43

miniseries. She languished for a while in such potboilers as *Dallas Cowboy Cheerleaders,* until her star quality began to glisten. The actress was nominated for her first Emmy for her role in the 1976 TV special *Captains and the Kings,* but she feels she gave a better performance in the 1981 TV version of John Steinbeck's *East of Eden,* in which she portrayed Kate, the venomous brothel owner.

"Kate haunted me totally," Seymour says. "I really began to feel I was her, and it took me weeks to get out of her. I had her anger inside of me. It's not a part I'd like to play every day of the year, as it could destroy my life."

Then came her roles as Hemingway's Lady Brett Ashley in *The Sun Also Rises* and identical twins (one psychotic) in *Dark Mirror,* followed by *Crossings* and her more recent successes in 1988. When asked how many miniseries she has been in, she is genuinely stumped but thinks "around 17."

What is it about this intense English actress that makes her come alive in front of the TV camera?

Seymour leans forward on the patio table and folds her hands. Her arms are delicate. "I'm fortunate," she says. "I'm working with an instrument that loves me. I'm definitely not the prettiest or most beautiful person in the world. [One smitten cinematographer has disagreed: "Wow—if Bo Derek's a 10, this lady's a 10½."] There are so many women who are more spectacular looking. But the camera does find *things*. If I do nothing, if I don't move my face, if I just think about something, the camera picks it up and broadcasts it loud and clear. The camera sucks these things out of me."

One reviewer who had seen her as the evil Kate in *East of Eden* said: "She was terrifying. I don't care how pleasant she is in real life; she must have found something awful inside of her to play from."

"I have a lot of people inside me," she acknowledges, "and I am so

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blessed to be in a profession where they pay me to discover these people!"

The question seems to ask itself: Do you like yourself on the screen?

"Oh, no! I'm never pleased with anything I've done," she says. "I've always criticized my acting. I take the whole thing apart."

But she does seem pleased with another product of her talents—her book, *A Guide to Romantic Living,* written "more or less to have something to do" when she was three months pregnant with her second child, Sean.

"I'm not a writer," she says. "I've never taken a writing lesson. I don't know anything about writing books. But I do know how to express myself, and that's what I did. I wrote it with anything I could find, which in my house is a child's crayon."

She excuses herself, rises from the patio table, walks into the house, and returns quickly with a copy of *A Guide to Romantic Living.*

"I wrote the book for the person who wants to live romantically," she says. "Take someone you love and go to the beach, watch the waves roll

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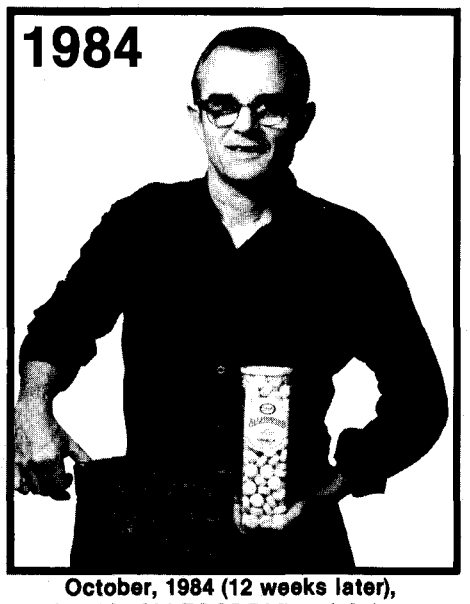

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in . . . don't wait for a holiday. Surprise the other person. Do it! Whatever your romantic dream, do it. You see all those cards showing a couple walking the beach at sunset? Well, don't buy the cards—walk the beach first, then send the card."

In many ways Jane Seymour is living her own romantic fantasy: she has a handsome husband; two lovely children, Katie and Sean; a 15th-century manor house, St. Catherine's Court, in the English countryside; and a skyrocketing career as an actress. "I pinch myself every day," she says. "My life is way beyond any dream I ever had."

If one movie role captures her romantic, nostalgic image best, it is her favorite as the turn-of-the-century beauty in *Somewhere in Time*. "That film was very much me," Seymour says. "I'm not sure I believe in a past life, but I feel comfortable in that era. There's something very strange. . . ."

She opens her book to an oval photograph taken for the movie showing her in a Victorian dress. Next to it is another oval photograph, a turn-of-the-century portrait of Seymour's Dutch grandmother in a similar pose. "My mother found this picture of my grandmother in the bottom of an old drawer years after I'd finished the movie. See the amazing similarity?" she asks.

She closes the book, then continues, "*Somewhere in Time* had an enormous effect on people and was one of the reasons I wrote my guide to romantic living. I guess I feel more at home in the Victorian era than I do today."

The door to the patio opens, and a nanny comes out with Jane's two red-haired children. She hugs the children, then says, "I guess everything is a compromise. I may never become the world's greatest actress, because I've gotten married and had children. But I've rarely been disappointed —ultimately."

And does Jane Seymour want to continue acting when she's 80?

"Oh, yes! I must always have something to do with films, television, or theater. I love it. I thrive on it. Like Helen Hayes and like Ruth Gordon, I think people who work until they are older are much happier."

Step aside for the "dowager" queen of the miniseries. ★

Justice in Milwaukee

continued from page 48

John's health improved sufficiently for him to attend the two-week trial in December 1988, some 3½ years after the nightmare had begun. He and Sandy were among the 20 witnesses called by Habush to testify. During his time on the stand John quoted from Psalm 38: "I am bowed down greatly; I go mourning all the day long. For my loins are full of inflammation, and there is no soundness in my flesh. I am feeble and severely broken. I groan because of the turmoil of my heart" (New King James Version).

If John's testimony touched the jurors' emotions, the words of the expert witnesses reached out to their intellects. The scholarly physicians delivered a patient, abbreviated course in disease containment. "Dr. Engleman was one of the best I've ever seen in the courtroom," Habush says. "He explained AIDS to the jury; he taught them from the ground floor up what this disease means and how it is acquired. He also taught them blood banking. They were as good a group of blood bankers as the ones we were suing by the time the trial was over."

Dr. Ronald Kerman, an immunologist from the University of Texas, said the decision not to check the blood and blood products on inventory was "scientifically unconscionable." Upholding Kerman's opinion was Dr. James Mosley, an epidemiologist from the University of Southern California in Los Angeles. "They should not have shipped untested concentrate if they could have shipped tested concentrate," Mosley said. "They should have been more diligent in informing the hospitals who received frozen products of the hazards of untested materials."

The jury was unmoved by the defense's twofold argument that when John Carroll had his surgery the reliability of AIDS testing was uncertain and that tested blood was not known to be safer than untested blood. Neither was the jury affected by the attempt to label April 1985 as a "phase-in" period when tested blood was gradually taking the place of untested products. Speaking for the defense, Harold Oberman from the University of Michigan Medical School had testified that he believed the blood center's procedure for checking for AIDS exceeded the standards of most centers in 1985. If true, was the jury to believe that other blood bankers continued to ship inventories of untested blood or to permit the hospitals they supplied to use untested blood many weeks after tested blood had been available? Two wrongs wouldn't make a right, and the possibility of many such instances must have made them shudder. After five hours of deliberation, the unanimous verdict was returned. The Blood Center of Southeastern Wisconsin

"How do I love thee? . . . Let me count the ways. . . . Number one—very carefully."

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...Thank you so much. The products are wonderful. No diet to follow, but you lose weight! That's what I like about it no special food to buy, nothing to mix. It's wonderful...*Polly - Grand Prairie, Texas*

...I have lost 12 pounds in 16 days and I'm feeling the best I've felt in several years...*Ronald - Plano, Texas*

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...I have lost a total of 38 pounds in 2½ months. I used to sell Herbalife and I found your products very effective. I eat sensible and treat myself to whatever I want once a week...*Vanessa - Omaha, Nebraska*

...The first thing I noticed when I started the Geri Hi, Dolomite and LPP is more energy. My nails are stronger and I have lost inches off my hips, waist, arms and thighs. Plus I am not retaining as much water during my cycle...*Tina - Elgin, Illinois*

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was found to be negligent, and an award of $3.9 million was made to John and Sandy.

The victory was bittersweet. No amount of money could remove the indisputable medical truths: John Carroll had AIDS, and AIDS is incurable. The trial had forced him to go public with his condition, but any fear of social ostracism was quickly dispelled by his family and friends. The immediate outpouring of concern and love was gratifying, especially as the Carrolls anticipated the tough times ahead.

"I've gotten 100 percent support," John says. "My chess-playing friends, our bridge partners, people at church, former customers have all backed me up." He smiles and makes a hollow joke: "They don't even use paper plates when I come to dinner."

Heart Beat

continued from page 96

Dr. Cooper teaches the importance of the cool-down, or recovery, immediately after a very vigorous aerobic phase: "As much as 60 percent of your blood might be pooled below the waist at that point, particularly after you've engaged in jogging or vigorous competitive sports. If you stop abruptly, the lack of adequate circulation to the brain and heart could produce severe consequences.

"To avoid any danger," he cautions, "keep walking or moving around slowly for a minimum of five minutes after completing the exercise. Then, to determine whether the aerobic phase was beyond your physical capacity, check your recovery heart rate by [taking your pulse]. If your pulse rate is below 120 beats per minute and you are under 50 years of age, or below 100 beats per minute and you are over 50 years of age, you can safely assume that the exercise in which you were involved was not too strenuous. But if your recovery heart rate response is above that level, don't exercise as long or as hard during your next session."

He cautions, "The worst possible thing to do immediately after vigorous exercise is to go directly into a sauna, steam room, or whirlpool and sit down. If you happen to faint while in a sitting or upright position, the consequences could be disastrous."

We have visited the Cooper Clinic in Dallas many times and can assure you it is worth a trip to Dallas. Every city should have such a pleasant place to exercise.

See the South

continued from page 87

clowns, plus national recording stars, local and regional bands, skydiving teams, foodfest, fireworks, parades, crafts and, of course, hundreds of colorful hot-air balloons. (803-282-8501)

• Coon Dog Day (8) in Saluda, North Carolina, is a daylong celebration of coon dogs, coon hunting, and of course, the star of the show, the bandit-faced raccoon. Some 8,000 folks flock to this little mountain town of 629 for a parade, a 5K run, a fried-chicken dinner, and the crowning of a coon-dog queen. The high point of the whole shebang is a sanctioned coon-dog treeing contest and bench show. (704-749-9554)

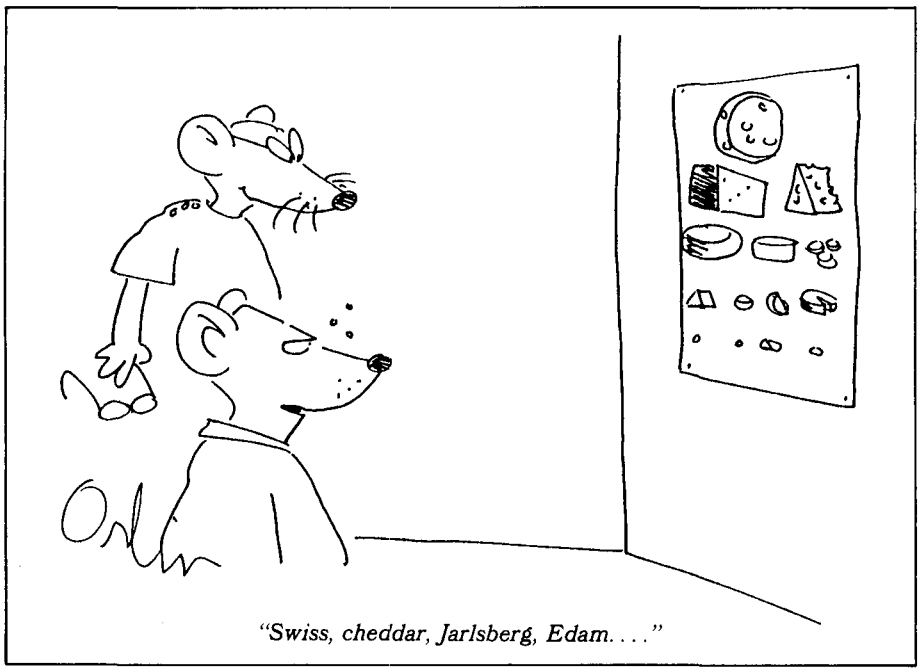
• It's the granddaddy of all the myriad highland games—the Grandfather Mountain Highland Games & Gathering of the Scottish Clans (8-9). Some 120 Scottish clans sponsor two days of bagpiping, dancing, food, and highland athletics. Major Gaelic importers set up a "tartan plaid" clothing bazaar during festival week. (704-733-2013)

AUGUST

• Home of the fiddle great Vassar Clements, Asheville, North Carolina, celebrates its mountain music heritage with the annual Mountain Dance & Folk Festival (3-5). Festival events include Appalachian-style clog and figure dancing, bluegrass bands, ballad singing, and dulcimer playing. (704-258-3916) That same weekend, Springdale, Arkansas, hosts the Albert E. Brumley Sundown to Sunup Gospel Sing, featuring some of the top names in American gospel music. (501-751-4694)

• For aficionados of the blues, the W.C. Handy Music Festival (6-12) in Florence, Alabama, features a weeklong festival of music and other events.

—Sam Mills



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WHERE DO YOU THINK YOU ARE?

(Answers from page 106)

(Theme: movie stars)

1. Oklahoma (Colbert)
2. Alabama (Bellamy)
3. Minnesota (Stewart)
4. North Dakota (Crosby)
5. South Dakota (Davis)
6. Arkansas (Garland)
7. Arizona (Holbrook)
8. California (Arbuckle)
9. Texas (Cooper)

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This Mother's Day, Say it with DaySpring

DaySpring

"When You Want to Share Your Heart and God's Love"

Available At Christian Bookstores Everywhere

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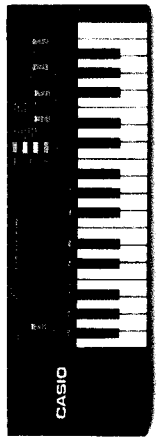
Many thank-you notes to come.

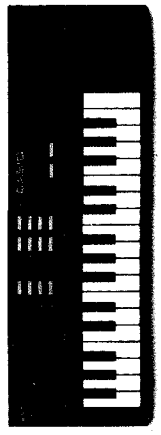
Even folks with no musical inclination whatsoever, are very much inclined to have fun with a Casio keyboard. Which is why a Casio makes a great gift, in addition to great music.

After all, you don't need to be a Mozart to take delight in Casio's PT-100. A handy, dandy keyboard that lets you dabble with 8 preset sounds and auto-accompaniments, and a demo tune.



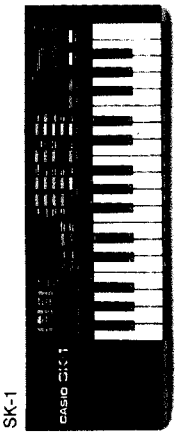
PT-100

Or take the PT-87. It lets anyone play the part of a studied musician, with very little study at all. Its Melody Guide lights the way for you to play. Or you can simply put in a ROM cartridge and follow the lead of your favorite song.


PT-87

Then there's the SK-1. Sort of like having your own little recording studio. You can sample sounds right into its memory. And then play them on the keyboard.

So give someone the gift of music. Give them a Casio. And they'll never stop singing your praises.


SK-1

CASIO®

Where miracles never cease

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